

## Appointment Info

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DATE: \_\_\_\_\_

Arrival

TIME: \_\_\_\_\_

FACILITY:

<input type="radio"/> Endoscopy Center Of Marin	<input type="radio"/> Marin General Hospital	<input type="radio"/> Novato Community Hospital
1100 S Eliseo Dr. Suite 3 Greenbrae	Surgery Center 250 Bon Air Rd Greenbrae	180 Rowland Way Novato
Expect to spend 90 minutes at the center	Expect to spend 2 hours at the hospital	Expect to spend 3 hours at the hospital



[www.maringastro.com](http://www.maringastro.com)

## Diabetes Instructions (if applicable)

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### Oral Medication Instructions:

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Insulin schedule:

## Blood Thinner Instructions (if applicable)

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Continue blood thinner as prescribed.

HOLD \_\_\_\_\_  
For \_\_\_\_\_ days

## Marin Gastroenterology

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200 Tamal Plaza, Suite  
200 Corte Madera, CA  
94925

7120 Redwood Blvd  
Novato, CA 94945

P: (415) 925-6900

[www.MarinGastro.com](http://www.MarinGastro.com)

## Miralax & Gatorade

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# Preparation for your upcoming Colonoscopy

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## What you will need:

- **8.3 Ounces of Miralax (14 dose bottle)**
- **4 tablets of Dulcolax 5mg**
- **64 Ounces of Gatorade (2 - 32 oz bottles)**

Phone: 415 - 925 - 6900

MARIN GASTROENTEROLOGY

## 7 Days Before Your Colonoscopy

- Confirm ride for the day of your procedure
- Pick-up laxatives at your local pharmacy.
- If you take blood thinners, (Asprin 325mg, Coumadin/warfarin, Plavix/clopidogrel, Pradaxa/dabigatran, Eliquis/apixaban, Xarelto/rivaroxaban) review instructions for holding or continuing prescription. (Instructions found on back of brochure)
- **Last chance to cancel/reschedule your procedure appointment without incurring a CANCELLATION FEE of \$250.00**

## 5 Days Before Your Colonoscopy

- Review Diet Instructions, plan your meals
- Create a list of your medications & supplements to provide the facility. Include prescription name, dose, and directions
- Create a list of your allergies to provide the facility

## 3 Days Before Your Colonoscopy

- STOP eating foods with nuts or seeds. (Fruits & vegetables with seeds, sesame, whole grain, etc.)
- Avoid corn, beans, quinoa, and popcorn

## 2 Days Before Your Colonoscopy

- Increase your fluid intake, drink a minimum of 8 glasses of clear fluids (water preferred)
- Eat well balanced meals, but continue avoiding nuts & seeds
- Prepare two doses of the Miralax-Gatorade Mixtures. Divide the entire 14 dose bottle of Miralax evenly between the two 32 ounce bottles of Gatorade.

## 1 Day Before Your Colonoscopy

### “PREP DAY”

- Have a low residue breakfast BEFORE 10am. (white toast, eggs, yogurt, cream of wheat, smoothies without seeds)
- AT 10am begin a “Clear Liquid Diet.” Clear liquids include water, juice without pulp, soda, black coffee, tea, electrolyte drinks, Ensure CLEAR, Boost Breeze, Jello, Broth, Popsicles.
- AT 6pm take 2 tablets of Dulcolax and drink the first dose of Miralax-Gatorade Mix.
- Drink the entire 32 ounces within 90 minutes.
- Continue drinking clear liquids until bedtime.

## On The Day of Your Colonoscopy

- Wake up 5 hours before your arrival time to start second prep dose.
- Immediately take 2 tablets of Dulcolax and drink the second dose of Miralax-Gatorade Mix.
- Drink the entire 32 ounces within ninety minutes.
- You must complete your prep and discontinue clear liquids 3 hours prior to your arrival time.
- You should take medications, as prescribed, with sips of water
- BRING THE FOLLOWING:
  1. Photo ID
  2. Insurance Card
  3. Medication List
  4. Allergy List

### TIPS:

To improve the taste try

1. Add ice/Refrigerate mixture
2. Use a straw to drink mixture

If you experience nausea or vomiting, rest for 15 minutes, then try to resume prep

Use baby wipes

Use Vaseline or an ointment for diaper rash around the anus before and/or during prep to minimize irritation from passing bowel movements

Miralax-Gatorade Mixture: (Make 2) Mix 32oz of Gatorade with half of the Miralax bottle, approximately 4.2oz