



**Monterey Bay Gastroenterology Consultants Medical Group, Inc.  
Monterey Bay Endoscopy Center, LLC**

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**Patient Name:** \_\_\_\_\_ **Doctor:** \_\_\_\_\_

**Procedure Date:** \_\_\_\_\_

**Procedure Time:** The Endoscopy Center will contact you 2 BUSINESS DAYS PRIOR to give you a procedure time.

**Location:** Monterey Bay Endoscopy Center      **Phone:** (831) 375-3577

**MONTEREY**  
23 Upper Ragsdale Drive, Ste 100  
Monterey, CA 93940  
**(Entrance is to the right of the main doors.)**

**SALINAS**  
212 San Jose Street, Ste 100  
Salinas, CA 93901  
**(Located next door to Quest Lab)**

**BE PREPARED**

Please read these instructions **TODAY** and again 2 weeks prior to your procedure.

**RESTRICTIONS:** Familiarize yourself with all dietary restrictions and preparation instructions. Follow them carefully to allow safe and thorough inspection of your colon.

**TRANSPORTATION:** You must be accompanied by an adult\* (18 years or older) to and from your procedure. You **CANNOT DRIVE** after your procedure. The Sedation used during your procedure will impair your judgement and equilibrium for approximately 12 hours. **Your ride's name and number will be required upon check-in.** If you do not have a driver, your procedure will be CANCELLED.

**\*A Taxi, Uber, Lyft, Shuttle, or Bus is not a valid form of transportation following a procedure.**

**BOWEL PREPARATION:** Make sure to purchase ALL required preparation items from your pharmacy or drug store 2-3 weeks prior to your procedure. If there are any issues, please contact our office immediately at 831-375-3577.

**FEES:** Please show up for the scheduled appointment that we have reserved for you or contact us at least one week prior to reschedule. **Late Cancellations and no-shows will be charged a fee of \$500.**

**NOTIFY US IMMEDIATELY**

- **IF** you are taking **BLOOD THINNERS / ANTICOAGULANT MEDICATION**
  - Examples: Coumadin, Warfarin, Xarelto, Eliquis, Clopidogrel, Plavix, etc.
- **IF** you have an implanted cardiac device or medical device.
- **IF** you are diabetic and taking insulin or other medications for diabetes as dosages may be altered the day before and day of procedure.

**IMPORTANT BEFORE YOUR PROCEDURE**

- You **SHOULD** take your usual medications including blood pressure medication, the morning of your procedure **UNLESS** your doctor has stated otherwise.
- Leave all valuables at home. It is ok to bring your cell phone. Monterey Bay Endoscopy Center LLC is not responsible for lost or damage to any personal property brought to the premises. Any unclaimed property will be discarded without notice after 30 days.
- Bring your insurance card, ID, and any forms mailed to you by our office, on the day of your procedure.
- Wear comfortable clothing (i.e. socks, short sleeve shirts) and remove all body piercings.
- Keep your morning flexible and plan to be with us approximately 2-4 hours from your arrival time.
- It is safe to continue your ASPIRIN.

**PLEASE READ ALL ENCLOSED INFORMATION & FOLLOW INSTRUCTIONS CAREFULLY TO ENSURE A SUCCESSFUL PREP**

**Detailed mixing and drinking instructions for your prep are included on the following page.**

**5 DAYS before your procedure**

- **NO NUTS / SEEDS** – This includes fruits and veggies with seeds. Be mindful of breads with seeds and nuts on top and baked in.
- **NO RAW FRUITS & VEGETABLES** – Canned fruit; boiled, steamed, or cooked vegetables ONLY.
- **NO POPCORN**
- **NO FIBER SUPPLEMENTS** (Metamucil, Fiberall, Citrucel, or Benefiber) Unless otherwise directed.
- **NO IRON SUPPLEMENTS OR OMEGA 3 FATTY ACIDS** (For Example: Fish Oil)

**The DAY BEFORE your procedure**

**CLEAR LIQUID DIET ALL DAY**

**NO SOLID FOODS. A clear liquid diet is necessary for a colonoscopy, so you must be on a clear liquid diet all day.**

- **YOU MAY HAVE:**
  - Water / Fitness waters (No red or purple colors)
  - Clear Juices (Apple, white grape)
  - Carbonated Drinks (No red or purple colors)
  - Tea & Coffee (NO ADDED MILKS – No dairy, or any dairy alternatives.)
  - Clear store-bought **broth ONLY** (chicken, beef, vegetable)
  - Yellow or Green Jell-O
  - Popsicles/Sorbet (No red or purple colors. No pulp or fruit pieces.)
- **AVOID ALL DAY:**
  - All Solid Food
  - Alcohol
  - Dairy products or dairy substitutes.
  - Juices or popsicles with pulp.
  - No red or purple colored/dyed liquids.

**ITEMS NEEDED FOR PREP**

**Required MiraLAX Bowel Prep Items**

1. Dulcolax Laxative Tablets. (The Green Box)
2. 238-gram bottle of MiraLax Powder
3. Simethicone Tablets (Gas-X or Gas Relief Tablets)  
\*Tablets only, no liquid drops.
4. 64 ounces of liquids. (Water, Gatorade, or Apple Juice ONLY)

**There is no prescription for this prep.**

You will need to purchase all required items from your local drug or department store. Please bring the attached shopping list with you when purchasing your prep supplies. This will ensure you have all the required items.

# HOW TO TAKE YOUR MIRALAX PREPARATION

**MIRALAX prep is taken as a split dose (2-day) regimen.**  
**ALL supplies and steps listed are required for complete preparation.**

It is your responsibility to become familiar with the dietary restrictions and bowel prep instructions.  
Poor preparation can result in your procedure being cancelled.

**It is important to drink the additional water as recommended in the instructions.**

## **At 4:00pm the night before your procedure:**

**Step #1** Take two (2) Dulcolax tablets with at least 8 ounces of water.

## **At 6:00pm the night before your procedure:**

**Step #2** Mix 238 grams of MiraLAX into 64 ounces (8 cups) of WATER, GATORADE, or APPLE JUICE. Shake the solution until the MiraLAX is dissolved.

**Step #3** Drink an 8-ounce glass every 10-15 minutes until 5 glasses of the solution are consumed.

**Step #4** Refrigerate the remaining MiraLAX mixture.

## **At 9:00pm the night before your procedure:**

**Step #5** Take four (4) 125 mg tablets of simethicone with water.

**Step #6** **HYDRATION:** You may continue drinking CLEAR liquids until midnight.  
Do not drink anything after midnight until you start your second dose of prep.

**REMINDER:** All liquids must be CLEAR. No red or purple liquids. No alcohol.

## **The morning of your procedure.**

### **FIVE HOURS prior to your procedure arrival time:**

**Step #7** Remove the remaining MiraLAX solution from your fridge.

**Step #8** Drink the remaining three (3) glasses of the solution. Drink a 8-ounce glass every 10-15 minutes until the solution is gone.



**STOP ALL LIQUIDS 2 HOURS PRIOR TO THE PROCEDURE.**

**Please see the last page for frequently asked questions.**

# MIRALAX PREP SHOPPING LIST

**Purchase all necessary colon prep laxatives.**

**Two (2) Dulcolax tablets**  
**Make sure to choose the Dulcolax Laxative (Green Box).**

\*Do not choose the stool softeners (blue box)



**One 238-gram bottle of MiraLAX Powder**



**Four (4) 125 mg Simethicone tablets**  
**(Products include: Gas-X or Gas Relief Tablets)**

\*Make sure to choose the tablets not the liquid drops.



**64-Ounces of Liquid Water, Gatorade, or Apple Juice ONLY**

\*NO Red or Purple Liquids



## **BOWEL PREP - FREQUENTLY ASKED QUESTIONS**

**What is a clear stool?** A clear stool can have a slight tint of yellow or brown (tea colored.) It will be completely transparent and will not contain any solid matter.

**I am not having bowel movements, what should I do?** Bowel movements can take up to 3-4 hours after beginning the prep to start. Be patient, continue to drink liquids. If you have not had a bowel movement by **9:00pm** the night prior to your procedure, you will need to reach the on-call physician for further instructions.

**The prep is making me nauseous, what should I do?** If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all the laxative solution even if it takes you longer. If vomiting persists, or you are not able to finish the preparation, stop the preparation and call your physician's office for further instructions.

**Is it normal to have diarrhea & cramping?** YES. This is normal. Bloating, abdominal discomfort, nausea, cramping and diarrhea could happen at any point during the bowel prep process.

**Should I continue to be on the liquid diet after I begin consuming the laxatives?**

Yes, you should continue the liquid diet until you are directed to discontinue anything by mouth, which is typically 2-4 hours prior to the procedure.

**Why do I have to wake up so early for the 2<sup>nd</sup> dose, can't I take it all the night before?** No. A split prep has proven to be the most effective for a successful colonoscopy. It is essential that you follow the directions provided with your prep medications.

**My stool is clear and only liquid is coming out, do I still have to take the 2<sup>nd</sup> dose?**

Yes. While you are sleeping your small intestine makes a thick sticky substance called chyme that coats the right side of the colon wall. This makes it difficult for us to see. It is the second dose that cleans this out.

**Can I drink ALCOHOL on the liquid diet?** Alcohol is not allowed as part of the clear liquid diet.

**Can I brush my teeth the morning of the procedure?** You may brush your teeth, but do not swallow.

**Can I eat candy, mints, chew gum, or chew tobacco before my procedure?** No

**Can I smoke cigarettes, marijuana, cigars, pipes, or vape before my procedure?** No

**Do I need to remove my jewelry before the procedure?** Please leave valuables at home. If you have any body piercings, please remove them prior to your procedure. Mouth and lip jewelry must be removed prior to the procedure - inability to do so could result in cancellation of your procedure.