

Monterey Bay G.I. Consultants medical Group, Inc.
Monterey Bay Endoscopy Center
23 Upper Ragsdale Drive, Suite 100
Monterey, California 93940
Phone: 831-375-3577
www.montereygi.com

WHAT YOU NEED TO KNOW

Procedure Date: _____ **with Dr.** _____

Procedure Time: You will receive a phone call from the Endoscopy center TWO BUSINESS DAYS prior to your procedure date. If you do not hear from our office two days prior to your procedure, please contact our office at 831-375-3577.

Please make sure our office has the correct phone number on file for you and your voicemail is not full. If you do not answer, we will leave a message with your time.

Late Cancel, Reschedule, or Missed Appointment Fee: \$200

If you are unable to keep your appointment, contact our office 48 business hours in advance to avoid the fee.

ENDOSCOPY CENTER LOCATION & CHECK IN

is located on the first level, on the right side of our building, facing the parking lot. Please do not go upstairs to check in.

PROCEDURE INSTRUCTIONS

It is very important to familiarize yourself with all dietary and preparation instructions and restrictions TODAY so you are fully prepared.

It is your responsibility to become familiar with the dietary restrictions, purchase all bowel prep ingredients, and follow all written instructions. These restrictions and preparations **must** be followed and begin 5 days prior to your procedure. Poor preparation can result in your procedure being cancelled or rescheduled.

MiraLAX BOWEL PREPARATION

Make sure to pick up all required products on the list from your local drug store at least 2 weeks before your procedure. All products can be found over the counter and do not require a prescription. For questions, please contact the office at 831-375-3577.

TRANSPORTATION

You will need a responsible driver to and from your procedure.

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

Your ride's name and number will be required upon check-in. Our facility has the right to cancel procedures for those that arrive without a valid form of transportation and responsible adult accompanying them.



Monterey Bay Gastroenterology Consultants Medical Group, Inc.

Monterey Bay Endoscopy Center, LLC

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Patient Name: _____ Doctor: _____

Your Procedure is scheduled for: _____.

The Endoscopy Center will call you 2 business days prior to your scheduled procedure date with an arrival time.

IMPORTANT BEFORE YOUR PROCEDURE:

- You **CANNOT DRIVE after** your procedure. Your ride’s name and number will be required upon check-in. Our facility has the right to cancel procedures for those that arrive without a valid form of transportation and responsible adult accompanying them.
- You **SHOULD** take your usual medications including blood pressure medication, the morning of your procedure **UNLESS** your doctor states otherwise.
- Leave all valuables at home. 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 in 30 days.
- You need to 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 as this allows time for admission, the procedure and recovery time.
- It is safe to continue your ASPIRIN.

NOTIFY US IMMEDIATELY:

- IF you are taking **BLOOD THINNERS** or **OTHER 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.

5 DAYS PRIOR TO YOUR PROCEDURE – DO NOT EAT OR TAKE THE FOLLOWING:

Foods	Vitamins / Supplements	Fiber Supplements*
Nuts / Seeds Popcorn Raw fruits / Vegetables* *Food exceptions: You may have canned fruit; boiled, steamed, or cooked vegetables ONLY.	Iron supplements Omega 3 Fatty Acids	Metamucil Fiberall Citrucel Benefiber *Unless taken to facilitate Bowel Movements.

THE DAY BEFORE YOUR PROCEDURE – RESTRICTED DIET FOR THE ENTIRE DAY

- **CLEAR LIQUID DIET ONLY.** Examples include: Water, Vitamin water, Sports Drinks, Carbonated Drinks, Tea & Coffee (NO ADDED MILKS – Dairy, soy, nut milks), yellow or green Jell-O, and clear store-bought broth ONLY (No meat or other solid food.) **A detailed clear liquid diet is attached to these instructions, please review it carefully.**
- **NO SOLID FOODS ALL DAY**
- **NO DAIRY PRODUCTS OR DAIRY SUBSTITUES ALL DAY**
- **NO RED OR PURPLE COLORED/DYED LIQUIDS ALL DAY**
- **DRINK PLENTY OF WATER THROUGHOUT THE DAY**

BOWEL PREPARATION INSTRUCTIONS FOR:

MiraLAX Colon Preparation

Please read and follow the preparation instructions below very carefully.

IMPORTANT: Failure to take the bowel prep as instructed may result in a poorly cleansed colon, missed polyps, missed cancers, and possible cancellation of the procedure.

The Evening Before Your Procedure	<p><u>At 4:00 pm</u> - Take two (2) Dulcolax tablets with at least 8 ounces of water.</p> <p><u>At 6:00 pm</u> – Mix 238 grams of MiraLAX into 64 ounces (8 cups) of WATER, GATORADE, or APPLE JUICE. Shake the solution until the MiraLAX is dissolved. Drink an 8-ounce glass every 10-15 minutes until 5 glasses of the solution are consumed.</p> <p>*Refrigerate the remaining mixture.</p> <p><u>At 9:00 pm</u> – Take four (4) 125 mg tablets of Simethicone with water.</p>
Hydration is Important	<p>You may continue drinking CLEAR liquids <u>until midnight</u>. Do not drink anything after midnight until you start your second dose of prep.</p>
The Morning Of Your Procedure	<p><u>5 HOURS PRIOR TO YOUR SCHEDULED ARRIVAL TIME</u> – Drink the remaining 3 glasses of the MiraLAX solution. Drink an 8-ounce glass every 10-15 minutes until the solution is gone.</p>
The Day of Your Procedure	<p><u>STOP DRINKING ALL liquids (2) TWO hours prior to your arrival time</u></p>
REMINDER	<p><u>DO NOT CONSUME</u> Red or purple liquids, alcohol, juice with pulp, milk / milk substitutes / creamers, other liquids you cannot see through.</p>

Important

The Sedation used during your procedure will impair your judgement and equilibrium for approximately 12 hours. You **CANNOT DRIVE OR OPERATE ANY MECHANICAL EQUIPMENT FOR 12 HOURS** after your procedure. Your procedure will be CANCELLED if you DO NOT have a responsible adult to accompany you home.

Location for your procedure:

Monterey Bay Endoscopy Center

23 Upper Ragsdale Drive, Suite 100 (**Located Downstairs**)

Monterey, CA 93940

For Questions and concerns please contact our office at: **831-375-3577**

MIRALAX COLON PREPARATION

WHAT YOU WILL NEED

Purchase all necessary colon prep laxatives at least 2 weeks prior to your procedure.

All products needed for this bowel preparation are available at local drug stores and most large department stores.

<p>Two (2) Dulcolax tablets Make sure to choose the Dulcolax Laxative (Green Box).</p> <p>*Do not choose the stool softeners (blue box)</p>	
<p>One 238-gram bottle of MiraLAX Powder</p>	
<p>Four (4) 125 mg Simethicone tablets (Products include: Gas-X or Gas Relief Tablets)</p> <p>*Make sure to choose the tablets not the liquid drops.</p>	
<p>64-Ounces of Liquid Water, Gatorade, or Apple Juice ONLY</p> <p>*NO Red or Purple Liquids</p>	

CLEAR LIQUID DIET

Follow this diet for the entire day, prior to your procedure.

Description

The clear liquid diet consists of clear fluids which are liquid at room temperature. Clear liquids require minimal digestion, are easily absorbed, and leave minimal residue in the intestinal tract.

No solid food.

Indications for Use

The clear liquid diet is intended for short term use before or after surgery, in acute states of illness, in preparation for diagnostic tests of the GI tract, and in conditions requiring minimal amounts of residue in the colon.

Nutritional Adequacy

The diet is inadequate in calories and almost all nutrients. It provides about 400-500 calories and 15 grams of protein per day. The diet should be progressed or supplemented as soon as tolerated.

Dietary Guide

	Foods Allowed
Beverages *No red or purple liquids*	Coffee, tea, decaffeinated coffee, tea, herbal tea, carbonated beverages **NO DAIRY or DAIRY SUBSTITUTES**
Desserts and Sweets *No red or purple flavors*	Sorbets, fruit ice made from clear fruit juice, popsicles, clear fruit-flavored or unflavored gelatin, high protein gelatin, plain hard candy, sugar, sugar substitutes
Fruits	Clear fruit juices (apple, white grape, lemonade), fruit ices
Soups	Bouillon, clear broth, consommé, high protein broth
Miscellaneous	Salt, commercially prepared minimal residue nutritional supplements
Breads	NONE
Cereals	NONE
Fats	NONE
Meat and Meat Substitutes	NONE
Potatoes and Potato Substitutes	NONE
Vegetables	NONE

Sample Meal Plan

Breakfast	Lunch	Dinner
Consommé Apple juice Decaffeinated tea Sugar	Consommé White grape juice Fruit flavored gelatin Sorbet 7-Up	Consommé Lemonade Fruit-flavored gelatin Fruit ice Decaffeinated tea

If you have any questions regarding the Clear liquid Diet/Prep instructions, please call us at 831-375-3577