



HARDEEP M. SINGH, M.D., F.A.C.P., A.G.A.F.
Diplomate of the American Board of Internal Medicine and
the Subspecialty Board of Gastroenterology

**Gastroenterology,
Hepatology, Pancreaticobiliary Disease**

1010 West La Veta Avenue, Suite 570,
Orange, CA 92868

16300 Sand Canyon, Suite 301,
Irvine, CA 92618

Phone 714.835.7700 | Fax 714.835.8145

DrSingh@SouthernCalGI.com | SouthernCalGI.com

Miralax® Colonoscopy Preparation

Your procedure is scheduled for ____/____/____ at _____ □ AM □ PM at:

SJH Outpatient Pavilion
Endoscopy Center 2nd floor
1140 W. La Veta Avenue
Orange, CA 92868
714. 744.8709

La Veta Surgical Center
681 S. Parker Street
Suite 150
Orange, CA 92868
714. 744.0900

Patient Instructions

ONE WEEK prior to procedure stop taking any Advil, Aleve, Ibuprofen, Aspirin, and all blood thinners. Tylenol is ok to take. *If you are diabetic, have an artificial heart valve or pacemaker contact your primary physician.*

Purchase the following at any pharmacy

- 4 Dulcolax® tablets (laxative) over the counter
- One (1) 238 g bottle of Miralax®
- One (1) 64 oz. bottle of Gatorade (no red, orange or purple colors) or you may use Crystal Lite Lemon.

ONE DAY prior to procedure begin a clear liquid diet upon waking.

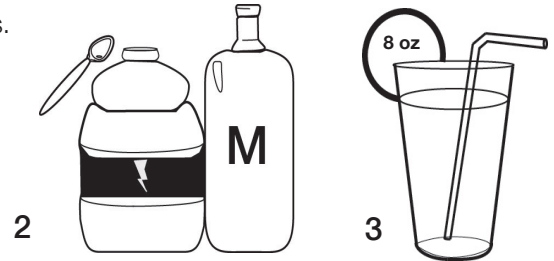
Take Miralax® and Dulcolax® according to **steps 1a-3a**. **Do not consume any foods or liquids after midnight.**

Step 1, day 1: At 5 pm plan to stay home and take 2 Dulcolax® tablets.

Step 2, day 1: At 6 pm mix 1/2 of the Miralax® with 32 oz. of Gatorade (no red, orange or purple colors) or Crystal Lite Lemon. Shake until Miralax® is fully dissolved.

Step 3, day 1: Beginning at _____ □AM / □PM drink an 8 oz. glass of the solution every 10-15 minutes until all 32 oz. are fully consumed. Continue to drink clear fluids until bedtime/midnight.

Do not consume any foods or liquids after midnight.



DAY OF the procedure, prepare a second dose of Miralax® and Dulcolax® as indicated in step 2, day 1. **You should take blood pressure/heart medications only with a sip of water in the morning;** no foods or liquids other than those listed here should be consumed.

Step 1, day 2: 5 hours prior to scheduled procedure time; mix the second 1/2 of Miralax® with 32 oz. of Gatorade (no red, orange or purple colors) or Crystal Lite Lemon. Shake until Miralax® is fully dissolved.

Step 2, day 2: Drink an 8 oz. glass of the solution every 10-15 minutes until all 32 oz. are fully consumed.

Step 3, day 2: Take your last 2 Dulcolax® tablets.

* Please bring a friend or relative to drive you home after your procedure.

The procedure will be canceled if you fail to bring a driver with you.

No taxis or public transit may be used. You will spend approximately 3 hours at the facility.