



DIABLO DIGESTIVE CARE

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PURCHASE:

1. MIRALAX 238 GM BOTTLE (QTY #1)
2. 32 OZ GATORADE BOTTLE (QTY #2)
3. DULCOLAX TABLETS (QTY #4)

COLONOSCOPY INSTRUCTIONS (MIRALAX)

SURGERY CENTER: EXECUTIVE BRENTWOOD ASPEN

PROCEDURE DATE & TIME: _____ ARRIVAL TIME: _____

THE **KEY** TO A SUCCESSFUL PREPARATION IS **FLUIDS** BEFORE & DURING PREP SOLUTION

5 DAYS PRIOR: DISCONTINUE

- FIBER AGENTS:
 - METAMUCIL, CITRUCEL, FLAX, CORN, ETC.
- MEDICATION:
 - ORAL IRON, ASPIRIN, PLAVIX, NSAIDS (IBUPROFEN, ADVIL, MOTRIN, ALEVE, ETC.)
- BLOOD THINNERS
 - COUMADIN (DISCUSS WITH DR, CHAHAL IF A LOVENOX BRIDGE IS REQUIRED)

3 DAYS PRIOR: DISCONTINUE

- BLOOD THINNERS:
 - ELIQUIS, PRADAXA, XARELTO

1 DAY PRIOR: NO SOLID FOOD, ONLY CLEAR LIQUIDS (FOR ENTIRE DAY)

- MIX 1/2 BOTTLE MIRALAX IN EACH 32 OZ GATORADE BOTTLE, REFRIGERATE
- DRINK COFFEE, TEA, WATER, GATORADE, JUICES, BROTH, JELL-O, ETC.
 - AVOID RED OR PURPLE DRINKS
 - AVOID MILK PRODUCTS

EVENING PRIOR (5 PM): START YOUR MIRALAX PREPARATION

- 5 PM: TAKE 4 DULCOLAX TABLETS WITH 16 OZ OF LIQUID
- 6 PM: DRINK MIRALAX/GATORADE AT RATE OF 8 OZ EVERY 15-30 MINUTES UNTIL DONE

MORNING PRIOR (4 HRS BEFORE PROCEDURE): FINISH YOUR MIRALAX PREPARATION

- DRINK MIRALAX/GATORADE AT RATE OF 8 OZ EVERY 15-30 MINUTES UNTIL DONE

2 HOURS PRIOR:

- **ALL FLUIDS MUST BE CONSUMED**
 - MAY HAVE TO START PREP EARLIER IF EARLY PROCEDURE SCHEDULED
- **NOTHING BY MOUTH**

AFTER YOUR PROCEDURE:

- DR. CHAHAL WILL SPEAK WITH YOU REGARDING YOUR RESULTS
- A RESULT LETTER WILL BE EMAILED TO YOU WITHIN 1 WEEK
 - IF YOU DO NOT RECEIVE A LETTER, CONTACT OUR OFFICE
- **YOU MUST HAVE SOMEONE TO DRIVE YOU HOME**
 - NO FACILITY WILL ALLOW A PROCEDURE WITHOUT AN IDENTIFIABLE ESCORT AVAILABLE

***** PLEASE CALL OUR OFFICE (925) 363-0069 FOR ANY QUESTIONS OR ISSUES**