



# FIRST SURGERY CENTER

AFFILIATED WITH TRINITY MEDICAL MULTI-SPECIALTY GROUP, INC

31625 DE PORTOLA RD SUITE 102  
TEMECULA, CA 92592  
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## MIRALAX AND GATORADE COLONOSCOPY PREP

You are scheduled for a colonoscopy on: \_\_\_\_\_

**TIME:** You will receive a call from the Surgery Center a day or two prior to your appointment with your arrival time.

You are scheduled for the day listed above, so please be sure to follow your preparation and all of the instructions detailed below. If you have access to your patient portal, the time you see listed on the schedule is NOT your scheduled time.

**ARRANGE FOR A DRIVER:** YOU WILL NEED A RESPONSIBLE ADULT TO DRIVE YOU HOME AFTER YOUR PROCEDURE. You will not be allowed to drive yourself home due to the sedation that you will be given. Small children are not allowed in the surgery center waiting room and drivers will be asked to wait in their car.

If you find it necessary to change or cancel your appointment, you must do this at least 7 working days prior to your appointment or you will be charged a **\$200** cancellation fee. Please call our office Monday – Friday, 8AM to 5PM at 951-501-4200 if you need to change or cancel your appointment. Follow the prompts for First Surgery Center scheduling.

Your procedure will be performed at:

- |   |   |
|---|---|
| <input type="checkbox"/> First Surgery Center<br>31625 De Portola Rd. Suite #102<br>Temecula, CA 92592<br>Phone: (951) 501-4200 | <input type="checkbox"/> Golden Triangle Surgery Center<br>25404 Hancock Ave. Suite #103<br>Murrieta, CA 92562<br>Phone: (951) 698-4670 |
| <input type="checkbox"/> Other _____  |   |

### THE ITEMS THAT YOU NEED TO PURCHASE AT LEAST 48 HOURS PRIOR TO YOUR PROCEDURE:

- **MIRALAX (OVER THE COUNTER)- 238G BOTTLE**
- **GATORADE, CRYSTAL LIGHT OR MINERAL WATER (NO RED OR PURPLE)- 64 OUNCES**
- **DULCOLAX TABLETS 5MG (OVER THE COUNTER)- 4 TABLETS**
- CLEAR LIQUIDS (SEE SUGGESTIONS BELOW)
- 2 FLEET ENEMA (OVER THE COUNTER) bring these with you to your appointment



**Clear Liquids you are allowed to have:**

<b>Water</b>	<b>Apple Juice or WHITE grape juice</b>	<b>Hard Candy</b>
<b>Broth (Chicken, Vegetable or Bone)</b>	<b>Popsicles (No Red or Purple)</b>	
<b>7up, Ginger ale, Sprite</b>	<b>Jell-O (No Red or Purple)</b>	
<b>Coffee &amp; Tea (No cream)</b>	<b>Sugar or Honey</b>	

**ONE WEEK BEFORE YOUR PROCEDURE:**

- If you are taking Blood Thinners or Diabetic Medication, REVIEW AND THEN FOLLOW THE DIRECTIONS ACCORDINGLY ON THE LIST PROVIDED BELOW. If you have questions regarding this, please call our office.
- Arrange for a driver. You will not be allowed to drive yourself home. Your driver must be a responsible adult. Drivers will be asked to wait in their car. We do not allow small children in the office. We will call your driver when you are ready to be picked up.
- Read the procedure consent that was provided to you. You do not need to sign the copy you were given. You will be required to sign the consent once you get to the office and are in the presence of our nursing staff.
- If you find it necessary to change or cancel your appointment, you must do this at least 7 working days prior to your appointment or you will be charged a **\$200** cancellation fee. Please call our office Monday – Friday, 8AM to 5PM at 951-501-4200 if you need to change or cancel your appointment. Follow the prompts for First Surgery Center scheduling.

**THE DAY BEFORE YOUR PROCEDURE:**

**YOU WILL NEED A RESPONSIBLE ADULT TO DRIVE YOU HOME AFTER YOUR PROCEDURE. Confirm with your driver, as you will not be allowed to drive yourself home. No small children are allowed in the surgery center waiting area.**

- **6:00AM-** The day prior to your procedure you will begin a CLEAR LIQUID diet. NO SOLID FOODS! Follow the clear liquid diet listed above. You can have as much of the clear liquids that you want throughout the day. We encourage you to stay hydrated with water.
- **3:00PM-** Take 2 Dulcolax Tablets with a 8oz glass of water
- **4:00PM-** Mix the bottle of Miralax with the Gatorade, Crystal Light or Mineral water that you purchased. Shake to dissolve. Drink one glass every 15 min. until half of the solution is gone.
- **5:00PM-** Take 2 Dulcolax tablets with a 8oz glass of water
- **8:00PM-** Drink the rest of the Miralax mixture
- **MIDNIGHT-** NO MORE LIQUID UNTIL AFTER YOUR PROCEDURE.

**\*\*If you experience nausea or vomiting, take a 30 min break and then continue the preparation\*\***

**If you have any questions regarding your preparation, please call 951-517-0906**

**DAY OF YOUR PROCEDURE:**

- **NOTHING TO EAT OR DRINK AFTER MIDNIGHT!**
- If you have medications that you must take in the morning (with the exception of Insulin or blood thinners) you may take them before 5AM with a very small sip of water.
- One hour before your scheduled appointment use the Fleet Enema if your stool is not clear. If you are completely cleaned out (nothing solid or dark liquid) then you do not need to use the enema. Bring it with you to your appointment

- Please avoid wearing contact lenses, jewelry or valuables

**WHAT TO BRING/DO THE DAY OF YOUR APPOINTMENT:**

- Wear comfortable clothes and things that are easy to take off and put back on. We recommend wearing shoes that easily slip off and on and don't require you to bend over to put them on.
- Warm socks
- Insurance cards and ID
- Cash or Credit Card if you have a Co-Payment or deductible that has not been met
- Bring two fleet enemas (in case your prep was not effective, we will have you use the enemas before your procedure)
- A list of all your prescriptions and over the counter medications
- One Fleet Enema if you have not already used it
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**IF YOU TAKE BLOOD THINNERS, STOP 3-7 DAYS BEFORE YOUR APPOINTMENT, FOLLOWING THE DIRECTIONS BELOW:**

- Coumadin, Lovenox, Plavix, Effient, Brillinta, Ticlid, Persatine or any medication that thins your blood please follow up with us as you may need to stop these medications 3-7 days before your procedure.
- Lovenox (Enoxaparin) - Hold PM dose the day BEFORE the procedure/ hold AM dose the Day of procedure
- Aggrenox (Aspirin-Dipyridamole)- 48 hours prior to procedure
- Eliquis (Apaxiban)- 48 hours prior to procedure
- Pradaxa ( Dabigatran Etexilate) - 48 hours prior to procedure
- Xarelto (Rivaroxaban) - 48 Hours prior to procedure
- Warfarin (Coumadin)- 3 days prior to procedure
- Brilliantia (Ticagrelor) - 5 days prior to procedure
- Effient (Prasugrel) – 7 days prior to procedure
- Plavix (Clopidogrel)- 7 Days prior to procedure
- Aspirin- you do not need to stop.

**IF YOU TAKE DIABETIC MEDICATIONS, FOLLOW THE DIRECTONS BELOW:**

- Lantus or Long Acting Insulin: Take only ½ the dose at midnight before your procedure. Bring your insulin in with you day of procedure
- Glimperide (Amaryl): Hold day of procedure
- Glucotrol (Glipizide): Hold day of procedure
- Glucophage (Metformin): Hold day of procedure
- Actos (Pioglitazone): Hold day of procedure
- Invokana (Canaglifozin): Hold day of procedure
- Januvia (Sitagliptin): Hold day of procedure

**IF YOU TAKE GLP-1 AGONIST MEDICATIONS FOR TYPE 2 DIABETES OR WEIGHT LOSS, HOLD FOR ONE WEEK PRIOR TO YOUR PROCEDURE. SEE BELOW LIST OF GLP-1 AGONIST MEDICATIONS:**

- Ozempic
- Wegovy
- Mounjaro
- Trulicity
- Rybelsus
- Victoza
- Byetta
- Saxenda