



FIRST SURGERY CENTER

AFFILIATED WITH TRINITY MEDICAL MULTI-SPECIALTY GROUP, INC

31625 De Portola Rd suite 102
Temecula, CA 92592
Phone (951) 517-0906 • Fax: (951) 900-3108
www.Trinitymsg.com

MIRALAX AND GATORADE COLONOSCOPY PREP

TIME: You will receive a call from the Surgery Center 3 to 6 days prior to your appointment with your arrival time.

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:

First Surgery Center
31625 De Portola Rd. Suite #102
Temecula, CA 92592
Phone: (951) 517-0906

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)**



Clear Liquids you are allowed to have:

Water

Broth (Chicken, Vegetable or Bone)

7up, Ginger ale, Sprite

Apple Juice or WHITE grape juice

Popsicles (No Red or Purple)

Jell-O (No Red or Purple)

Hard Candy

Coffee & Tea (No cream)

Sugar or Honey

ONE WEEK BEFORE YOUR PROCEDURE:

- If you are taking Blood Thinners, GLP-1, 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.
- 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 4PM at 951-517-0906. 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
- **YOU CANNOT HAVE ANY MORE LIQUIDS WITHIN 4 HOURS OF YOUR APPOINTMENT**

****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:

- **YOU CAN HAVE CLEAR LIQUIDS UP TO 4 HOURS OF YOUR APPOINTMENT TIME**
- If you have medications that you must take in the morning (with the exception of Insulin or blood thinners) you may take them with a very small sip of water
- Please avoid wearing contact lenses, jewelry or valuables
- Do not bring large bags or backpacks to your appointment

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
- A list of all your prescriptions and over the counter medications

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
- Tirzapetide
- Semaglutide
- Retatrutide