Patient Name: _____ □ **JAMES D. TOROSIS, M.D.** □ **VICKY W. YANG, M.D.**

Patient DOB: _____/_____/_____ □ **DANIEL S. RENGSTORFF, M.D.** □ **CYNTHIA W. LEUNG, M.D.**

Location: Atherton Endoscopy Center □ **MADHURI BADRINATH, M.D.**

Miralax & Gatorade Preparation Instructions

Proc Date: _____ **Check-In:** _____ **Proc Time:** _____ **Check-Out/Pick-Up:** _____

7 Days Prior	5 Days Prior	3 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
Arrange a ride. You must have an escort drive you home or the procedure will be cancelled. Taxi, Uber, and public/county transportation are not allowed. On your procedure day you will not be able to work, drive, operate equipment, sign any important papers, drink alcohol or take sedatives for the remainder of that day**.** **Stop eating seeds and nuts.** Throughout this prep, you should continue taking all your normally prescribed medications unless otherwise instructed.	**Check with your insurance company** for your copay and deductible. **Confirm your ride.**  **If you take blood thinners,** (Coumadin, Plavix, Xarelto, Pradaxa, Effient or similar), **or Jardiance**, please check with your doctor when you should stop this medication.	**Pick up your prescribed prep at the pharmacy** if you have not already done so. **Stop taking NSAIDs (such as ibuprofen, Advil, Motrin, Aleve, etc).** You may take Tylenol (acetaminophen) or continue a daily aspirin. **Consider buying personal hygiene wipes** or hemorrhoid cream to prevent a sore bottom.	**Drink at least 6 glasses of water throughout the day.** **Avoid obviously greasy, oily or fried foods.**	**Start "Clear Liquid Diet" today.** Clear liquids include clear juice, tea, Jello, broth, coffee without cream – anything you can see your fingers through. Avoid red or purple colors please! **At 1:00PM**: Take 2 Dulcolax (bisacodyl) pills. **At 4:00PM**: Take 2 Dulcolax (bisacodyl) pills. **AT 5PM:** Mix the entire bottle of Miralax (238g) into the entire bottle of Gatorade (64oz). Shake solution until the Miralax has dissolved. Drink 48 ounces (3/4) of the mixed solution by drinking an 8oz glass every 15 minutes. Continue to drink clear liquids If you become nauseated or vomit while drinking the prep, take a break and resume drinking prep when symptoms subside. You can also try sucking on a wedge of lemon or lime to help. If you are unable to keep any of the prep down, please call: **(650) 365-3700**	**Take your regular medications unless instructed otherwise.** **4-5 HOURS BEFORE PROCEDURE:** Drink final 16 ounces (1/4) of the mixed solution by drinking an 8-ounce glass every 15 minutes Continue to drink clear liquids until 2 hours pre-procedure. ***** NOTHING BY MOUTH STARTING 2 HOURS BEFORE PROCEDURE, or it will be cancelled. ***** Be sure to bring your insurance card and copay, but leave money & valuables at home! **Atherton Endoscopy Center** **3351 El Camino Real Ste 220** **Atherton, CA 94027** **(650) 363-2800** **I**t is critical for you to arrive on time for check-in. Plan your ride to be ready for pick-up at the time indicated. Please call if you are having troubles getting to the center on the day of your procedure.

****PLEASE STOP YOUR _____ ON _____.**

*****GLP-1 AGONISTS (like Wegovy, Ozempic, and Mounjaro) NEED TO BE HELD 1 WEEK PRIOR TO PROCEDURE*****