

Instructions for Colonoscopy (MiraLAX/Dulcolax)

Please Read All Instructions Carefully

REPORT TO

Spalding Triangle Surgery Center • 120 S Spalding Dr. #120, Beverly Hills, CA 90210

Date:

Arrival Time:

About Your Colonoscopy

A colonoscopy is an exam of your colon (large intestine), performed by a gastroenterologist (a GI specialist) using a colonoscope — a flexible tube with a camera at the end. The images appear on a video monitor in real time.

During your procedure, your gastroenterologist can:

- Perform a biopsy (take a small tissue sample from the colon)
- Remove polyps (growths of tissue in the colon)
- Take photos of the inside of your colon

You will be given sedation (medication through an IV) for the procedure, so you'll be relaxed and comfortable and won't be awake or feel anything during the exam.

Your colon must be empty for your colonoscopy — if stool is present, polyps or other problems can be missed. You'll be prescribed a bowel preparation solution (MiraLAX mixed with a sports drink, plus Dulcolax tablets) that you'll take the evening before and the morning of the procedure. Please follow the instructions below carefully, and don't hesitate to contact our office with any questions.

Supplies You'll Need

- One 238 g (8.3 oz) bottle of **MiraLAX** (polyethylene glycol 3350).
- Four 5 mg **Dulcolax (bisacodyl)** tablets.
- 64 oz of a non-red, non-orange, non-purple sports drink, such as **Gatorade, Powerade, or Propel**.

7 Days Before Your Procedure

- **If you take a GLP-1 medication** (Ozempic, Wegovy, Mounjaro, Zepbound, Trulicity, Victoza, or similar), stop it at least 7 days before your procedure. Contact our office if you have questions about adjusting your dosing schedule around your procedure.

5 Days Before Your Procedure

- **Stop NSAID medications** (ibuprofen, regular-strength aspirin, Aleve, Excedrin, Naprosyn, Celebrex, Motrin). Acetaminophen/Tylenol is fine to continue, and a “baby aspirin” (81 mg) is okay to continue as well.
- **Stop iron supplements.**
- **Blood thinners:** if you take an anticoagulant (Plavix, Coumadin, Eliquis, Xarelto, or similar), let us know so we can discuss whether it should be paused before the procedure.
- **Stop all nuts, seeds, and corn.**
- **If you take insulin or other diabetes medication,** please contact our office beforehand to discuss adjusting your dose — fasting and the bowel prep can affect your blood sugar.
- **Pick up your prep supplies** (listed above) from the pharmacy or store ahead of time.

The Day Before Your Procedure

- **No solid food the entire day before the procedure.** Follow a clear liquid diet all day (water, clear broth, black coffee or tea, apple or white grape juice, clear soda, and plain gelatin or popsicles are all fine — see our supplementary clear liquid list for the full guide).
- **Avoid red, orange, and purple liquids** — these can be mistaken for blood during the exam.
- **Sometime during the day,** mix the MiraLAX with the sports drink in a large container, and stir or shake until fully dissolved. Refrigerate if desired.

Bowel Preparation Instructions

Step 1

Evening Before — 5:00–6:00 PM

- **At 5:00 PM,** take all 4 Dulcolax (bisacodyl) tablets with a glass of water.
- **At 6:00 PM,** drink half of the MiraLAX mixture (32 oz) — one 8 oz glass every 15 minutes.
- Continue a clear liquid diet through the rest of the evening — do not eat any solid food.
- **If you develop repeated vomiting and can't keep the prep down, or have severe abdominal pain,** stop drinking and call our office right away.

Step 2

Day of the Procedure

- Continue clear liquids only into the morning of your procedure, up until the cutoff below.
- **Five to six hours before** your scheduled procedure time, drink the remaining half of the MiraLAX mixture (32 oz) — one 8 oz glass every 15 minutes.
- **Stop drinking anything 3 hours before** your scheduled procedure time, to avoid delays or cancellation.
- Blood pressure and heart medications may be taken the morning of the procedure with small sips of water. Plan to arrive at Spalding Triangle Surgery Center 1 hour before your procedure.

After the Procedure

- You'll remain in the recovery area for about 30–45 minutes after the procedure.
- Dr. Sikavi will discuss the preliminary findings with you, along with any further instructions or recommendations.
- Any biopsies taken will be reviewed by a pathologist, with results relayed by Dr. Sikavi — please allow about 1 week.
- If you have any concerns or questions at all after the procedure, don't hesitate to contact our office.

Because you'll be receiving sedation, you must have an adult escort take you home afterward — someone capable of walking you to your front door; a taxi or rideshare driver alone does not meet this requirement. Please confirm your escort is arranged before arrival, as procedures may need to be canceled otherwise.

This form supports your personalized prep plan and isn't a substitute for individualized medical advice. Contact our office with any questions before your procedure.

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