# WEST CHESTER G.I. ASSOCIATES Procedure Date: / /

## Performing Physician \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Arrival Time

**PM Bowel Preparation with 4 Liter Glycol/Electrolyte Brand Name: TriLyte, Nulytely, Golytely**

* **You must be accompanied by a friend or relative to drive and assist you home. We WILL NOT discharge you** to a cab, bus or other transportation service **without** a responsible party with you. You may not drive until the day after your procedure.

# Special Instructions Regarding Medications

* If you are on an **anticoagulant/blood thinner** our nurse will contact you with instructions after contacting your prescribing physician. If you have not heard from the nurse 1 week prior to your procedure please contact our office.
* **Do Not** take **Iron supplements** for **one week prior** to the procedure date. Multivitamins are OK.

## Diabetic patients:

* **Do Not** take **Water Pill/Diuretic** (Lasix **(**furosemide), HCTZ (Hydrochlorothiazide),Dyazide, Diovan HCT, Spironolactone)**,** on the day of the procedure
* **Heart/Blood Pressure/ Thyroid/Seizure/Anxiety Medications can** be taken **on the day of the procedure** with a sip of water.
* **Stop Effexor one day before** the procedure **(**if applicable)
* **Asthmatic patients** should bring their **INHALERS** with them on the day of the procedure
* **Do not use Cannabis 12 hours prior to procedure**
* **All Facial Piercings MUST be removed prior to procedure**

# THE DAY BEFORE YOUR PROCEDURE

**IMPORTANT NOTE: follow the instructions below, NOT** the instructions on the prep’s packaging

## You May Eat a light breakfast until 11:00 am

(ex: scrambled eggs, plain white toast, orange juice, NO whole grains, cereals, oatmeal, etc.)

## YOU MAY NOT HAVE ANY SOLID FOOD AFTER 11:00 AM ONLY CLEAR LIQUIDS

* + Take all of your normal prescription medications, **unless advised otherwise.**
  + Prepare your **Bowel Prep** solution in the morning with lukewarm water to the designated line and add a flavor packet.

## Shake well and refrigerate.

* + **At 6 pm -** 🞎yes 🞎 no Take 2 Dulcolax(Bisacody)l Laxative tablets with water **2** hours before first dose of prep
  + **At 8 pm –** Drink half of the preparation, 8 oz every 10-15 minutes
  + It is best to drink each glass rapidly rather than sip it. Drinking the solution through a straw may also improve your tolerance for this bowel prep.

# DAY OF YOUR PROCEDURE

* + **At 6 am - Drink** the second dose of your preparation, 8 oz every 10-15 minutes

**All prep and clear liquids MUST be completed by 8:30 am. No additional liquids, hard candy, chewing gum after 8:30 am**

Prep instructions, patient forms and FAQ’s can also be found on our website: Westchesterendocenter.com

General or reschedule questions call 610-431-3122

4 Liter Glycol PM Instructions.doc REV: 2/6/23