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

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

**AM Bowel Preparation with Gatorade, Dulcolax & Miralax**

* **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** (other than aspirin)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 2 hours prior to scheduled arrival time.
* **Stop Effexor one day before** the procedure **(**if applicable)
* **Asthmatic patients** should bring their **INHALERS** with them on the day of the procedure
* **All Facial Piercings MUST be removed prior to arrival for your procedure.**
* **Do Not Use Cannibis 12 hours prior to procedure**

**For your convenience, a Colonoscopy Prep Kit can be purchased at the WCGI office.**

**Kit includes the necessary prep, Simethicone and 4 laxative tablets (they are taped to the bottle)**

## Or Purchase at the Store:

* 1. **Miralax, two (2)** 8.3 oz. bottle, (may purchase the generic)
  2. Purchase 96 oz of either Gatorade or another Electrolyte drink (ex: Propel, Powerade) (**no red or purple**)
  3. **4 (four) Dulcolax Laxative Tablets 5mg (generic bisacodyl is acceptable)**
  4. **Simethicone (GAS-X) two (2) 125 mg tablets**

**THE DAY BEFORE YOUR PROCEDURE**

* **DO NOT EAT ANY SOLID FOODS. YOU MAY ONLY HAVE CLEAR LIQUIDS.**
* Take all of your normal prescription medications, **unless advised otherwise.**

**At 4 pm** mix Miralax 238g (8.3oz) in 64 oz of chosen Electrolyte liquid then refrigerate for 6pm dose

* **At 4 pm -** Take **4** Dulcolax **(**Bisacodyl) Laxative tablets with 8 oz of water
* **At 6 pm –** Drink 8 oz’s of liquid prep every 15 minutes (over 2 hours) for a total of 64 oz of the Miralax Prep solution

**At 8 pm** – mix Miralax 238g (8.3 oz) in 32 oz of chosen Electrolyte liquid then refrigerate for 12MN dose

* **At 12 Midnight -** Drink 8 oz’s of liquid prep every 15 minutes for a total of 32 oz of the Miralax Prep solution
* Take 2 Simethicone (GAS-X) tablets after completing the Miralax preparation

**All prep and clear liquids MUST be completed by 2:30 am**

**No Additional liquids, hard candy, or chewing gum after 2:30 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