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

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

**PM 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 our offices.**

**Kit includes the necessary prep, Simethicone (2) 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

## 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.**
* **At 6 pm-**mix Miralax 238g (8.3 oz) in 64 oz of chosen Electrolyte liquid then refrigerate for 8 pm dose
* **At 6 pm -** Take **4** Dulcolax **(**Bisacodyl) Laxative tablets with 8 oz of water
* **At 8 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 10 pm –** Mix Miralax 238g (8.3 oz) in 32 oz of chosen Electrolyte liquid then refrigerate for 6 am dose
* **At 6 am -** 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 drink

**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