

**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** 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
- **All Facial Piercings MUST be removed prior to arrival for your 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.**

**Or Purchase at the Store:**

1. **Miralax**, 8.3 oz. bottle, (14 day supply-over the counter may purchase the generic)
2. **Dulcolax Laxative Tablets 5mg** or Bisacodyl (generic) Laxative Tablets over the counter
3. **Simethicone (GAS-X) two (2) 125 mg tablets**
4. **Gatorade**, 64 oz. bottle No RED OR PURPLE

**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.**
- Prepare the Prep: if you purchased your prep in the office, please follow the mixing instructions on the bottle carefully or if purchased on your own mix the entire bottle of Miralax 238g in 64 oz of Gatorade until dissolved. Then refrigerate.
- **At 4 pm** - Take 4 Dulcolax (Bisacodyl) Laxative tablets with water
- **At 6 pm** – Drink four 8 oz glasses of liquid prep (total 32 oz) every half hour for 2 hours (total 32 oz) while also drinking four to eight 8 oz additional glasses of clear liquid

**DAY OF YOUR PROCEDURE**

- **At 12am Midnight** – Drink four 8 oz glasses of liquid prep every half hour for 2 hours (total 32 oz) while also drinking four to eight 8 oz additional glasses of clear liquid
- Take 2 Simethicone (GAS-X) tablets after completing the Miralax drink

**CLEAR LIQUIDS ARE ALLOWED UNTIL 4 HOURS BEFORE YOUR ARRIVAL TIME, THEN NOTHING FURTHER TO DRINK**

General or reschedule questions call 610-431-3122