

**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 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.**

**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, two (2)** 8.3 oz. bottle, (may purchase the generic)
2. Purchase 96 oz of either Gatorade, Clear Juice, Kool-aid, Crystal Light (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 clear 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 clear 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**