

Patient Name:

DOB:

Procedure Date:

Arrival time:



## Colonoscopy Preparation Instructions

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

### Preparing for your Exam: What to Bring

- A list of all medications you are taking, even over the counter medications
- Any vitamins and supplements you take
- Your insurance card and photo ID

### Blood Thinners/Anticoagulation

If you are on an **anticoagulant/blood thinner** (other than aspirin) our nurse will call you with instructions after contacting your prescribing physician. **If you have not heard from our office 1 week prior to your procedure, please contact us at 610-431-3122**

### Medication and Other Instructions

- Do not take Iron supplements for 1 week prior to the procedure date (multi-vitamins are OK)
- Do not take water pills/diuretics on the day of the procedure (HCTZ (hydrochlorothiazide), Lasix (furosemide), Dyazide, Diovan HCT (spironolactone))
- Heart, Blood Pressure, Thyroid, Seizure and/or Anxiety medications **CAN** be taken on the day of the procedure with a **sip** of water 2 hours prior to arrival time
- If on Effexor, **stop** the medication **1 day before the procedure**
- **Asthmatic patients:** Bring your inhaler to the procedure
- **Diabetic patients:**
- **DO NOT** use cannabis 12 hours prior to the procedure
- **Remove ALL** facial piercings prior to arrival for the procedure

### Prep Kit / Prep Supplies

For your convenience, a Colonoscopy Prep Kit can be purchased at the US Digestive Health – West Chester office. Insurance does not cover the cost of the Prep Kit, which may be purchased for \$35.00

If you choose, you may purchase the prep kit supplies at the store. We recommend purchasing these items at least 5 days before your procedure. Those supplies are:

- MiraLAX - Purchase two (2) 8.3 oz bottles. It is OK to purchase the generic
- Purchase 96 oz of either Gatorade or another Electrolyte drink (i.e. Propel, Powerade) **No red or Purple.**
- Four (4) Dulcolax Laxative 5mg tablets (generic bisacodyl is acceptable)
- Simethicone (GAS-X) – need two (2) 125mg tablets

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# Gatorade, Dulcolax & MiraLAX AM Prep

## The Day Before Your Procedure:

- **Do NOT eat any solid foods.** You may **ONLY** have **clear liquids** (see list below)
- Take all your normal prescription medications, **unless advised otherwise**

### At 4:00 PM

- Mix 8.3 ounces of MiraLAX into 64 ounces (1/2 gallon) of chosen electrolyte liquid. If using the powder electrolyte mix, use 2 packets. Refrigerate.
- Take 4 Dulcolax 5mg (bisacodyl) Laxative tablets with 8 oz of water

### At 6:00 PM

- Drink 8 ounces of liquid prep (prepared at 4:00pm) every 15 minutes for the next 2 hours - you will have had all 64 ounces of the MiraLAX prep

### At 8:00 PM

- Mix 8.3 ounces of MiraLAX into 32 ounces of chosen electrolyte liquid. If using electrolyte powder, use 1 packet. Refrigerate for the 12:00 midnight dose.

### At 12:00 Midnight

- Drink 8 ounces of liquid prep every 15 minutes for a total of 32 ounces of the MiraLAX prep solution
- Take two (2) simethicone (GAS-X) tablets after completing the MiraLAX preparation. The tablets are chewable.

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

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

### Approved Clear Liquids

- Water and soda
- Tea or coffee (no milk or cream)
- Clear broth (beef, chicken or vegetable)
- Clear light-colored juices or sport drinks
- Popsicles without fruit or cream
- Jell-O / gelatin without fruit

### Avoid these liquids

- Red or purple liquids
- Milk or cream
- Alcoholic beverages
- Orange, grapefruit and tomato juice
- Soup other than clear broth

Contact us in advance if there are any changes to your insurance. We may need to obtain prior authorization or approval from your insurance company. **If you are unable to keep this appointment, call our office ASAP at 610-431-3122**