

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 Cannabis 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

IMPORTANT NOTE: follow the instructions below, NOT the instructions on the prep's packaging

- **DO NOT EAT ANY SOLID FOODS. YOU MAY ONLY HAVE CLEAR LIQUIDS.**
- Take all 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