

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 Cannabis 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**

**Important Note:** follow the instructions below, **NOT** the instructions on the prep's packaging.

- **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](http://Westchesterendocenter.com)