

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, Uber/Lyft, or other transportation services without having a responsible party with you. You may not drive until the day after your procedure. We ask that your driver remains in the building or close by the facility.

### 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
- **All weight loss medications and certain diabetic medications must be held prior to procedure. Please contact us if you have not received instructions or see form included in instruction packet**

### Prep Supplies

Items to purchase at the store for your prep:

- MiraLAX, 8.3 oz bottle (ok to purchase the generic)
- 32 oz of either Gatorade or another electrolyte drink such as Propel or Powerade. **NO red or purple.**

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## 2-DAY PREP with MiraLAX

### 2 Days Before Your Procedure:

- You may **ONLY** have a full liquid diet. Do **NOT** eat any solid foods. See list below for permitted liquids
- Take all your normal prescription medications, **unless advised otherwise**

### At 4:00pm 2 days before your procedure-

- Mix 8.3 ounces of MiraLAX into 32 ounces of chosen electrolyte liquid. Refrigerate for 6:00 pm dose

### At 6:00pm-

- Drink 8 ounces of the MiraLAX prep solution (prepared at 4:00pm) every 15 minutes over the next hour

### Approved Foods for Liquid Diet

- Water and soda
- Tea or coffee
- Gatorade, Kool-Aid (NO red or purple)
- Strained fruit juices (no pulp)
- Milk, milk drinks, milk shakes
- Custard, pudding
- Sherbert, ice cream
- Strained soups, broth
- Strained cream soups
- Popsicles without fruit
- Water Ice
- Jell-O / gelatin without fruit

### Foods to Avoid

- Meats, eggs
- Vegetables
- Fruits
- Fruit juices with unstrained fruit or pulp
- Breads
- Alcoholic beverages
- Gains, nuts, corn and seeds

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.

Prep instructions, patient forms and FAQ's can be found on our website: [www.westchesterendocenter.com](http://www.westchesterendocenter.com)

**If you are unable to keep this appointment, call our office ASAP at 610-431-3122**