

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 service 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**

IMPORTANT NOTE

Follow the instructions provided on the attached.
DO NOT use the package instructions included with the prep.

Prep instructions, patient forms and FAQ's can be found on our website: www.westchesterendocenter.com

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4 Liter Glycol / Electrolyte (TriLyte, Nulytely, Golytely) AM Prep

The Day Before Your Procedure:

- You may have **CLEAR LIQUIDS ONLY. DO NOT** eat any solid foods
- Take all your normal prescription medications, **unless advised otherwise**
- Prepare your Bowel Prep solution in the morning. Using lukewarm water, fill the container to the designated line and add a flavor packet. **Shake well and refrigerate**

At 4:00pm–

- ☐ Yes ☐ No Take 2 Dulcolax (bisacodyl) laxative tablets with water

At 6:00pm–

- Drink half of the preparation – 8 oz every 10 – 15 minutes
- It is best to drink each glass rapidly rather than sip it. Drinking the solution through a straw may also improve your tolerance for this bowel prep

The Day of Your Procedure:

At 12:00am (midnight) –

- Drink the second dose of the preparation – 8 oz every 10 – 15 minutes

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