

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 follow the instructions on the prep packaging.**

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

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

### The Day Before Your Procedure:

- You may eat a light breakfast until 11:00am. (i.e. scrambled eggs, plain white toast, orange juice. **NO** whole grains, cereals, oatmeal, etc.)
- **You may not have any solid food after 11:00am – ONLY CLEAR LIQUIDS**
- 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 6:00pm-

- ☐ Yes ☐ No Take 4 Dulcolax (bisacodyl) Laxative tablets with 8 oz of water (2 hours before your first dose prep)

### At 8:00pm-

- Drink half of the preparation, 8 ounces 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 6:00am-

- Drink the second dose of your preparation, 8 ounces every 10 – 15 minutes

**All prep and clear liquids must be completed by 8:30am**  
**No additional liquids, hard candy, chewing gum after 8:30am**

#### 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**