

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**

Prep Kit / Prep Supplies

For your convenience, a Colonoscopy Prep Kit can be purchased at the US Digestive Health – West Chester office. **Insurance does not cover the cost of the Prep Kit, which may be purchased for \$40.00**

If you choose, you may purchase the prep kit supplies at the store. We recommend purchasing these items 5 days before your procedure. Those supplies are:

- MiraLAX - Purchase two (2) 8.3 oz bottles. It is OK to purchase the generic
- Purchase 96 oz of either Gatorade or another electrolyte drink (i.e. Propel, Powerade) No **Red or Purple**.
- Four (4) Dulcolax Laxative 5mg tablets (generic bisacodyl is acceptable)
- Simethicone Chewable (GAS-X) – need two (2) 125mg tablets

Patient Name:

DOB:

Procedure Date:

Arrival time:

Gatorade, Dulcolax & MiraLAX 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**

At 6:00pm-

- Mix 8.3 ounces of MiraLAX into 64 ounces (1/2 gallon) of chosen electrolyte liquid. If using the powder electrolyte mix, use 2 packets. Refrigerate
- Take 4 Dulcolax (bisacodyl) Laxative tablets with 8 oz of water

At 8:00pm-

- Drink 8 ounces of liquid prep (prepared at 4:00pm) every 15 minutes for the next 2 hours - you will have had all 64 ounces of the MiraLAX prep

At 10:00pm-

- Mix 8.3 ounces of MiraLAX into 32 ounces of chosen electrolyte liquid. If using electrolyte powder, use 1 packet. Refrigerate for the 6:00am dose

The Day of Your Procedure:

At 6:00am-

- Drink 8 ounces of liquid prep every 15 minutes for a total of 32 ounces of the MiraLAX prep solution
- Take two (2) chewable simethicone (GAS-X) tablets after completing the MiraLAX preparation

ALL prep and clear liquids MUST be completed by 8:30am
No additional liquids, hard candy, or 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**