

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 to you on the attached.
DO NOT follow the instructions on the SUPREP packaging.

If you experience preparation-related symptoms (i.e. nausea, bloating or cramping) pause or slow the rate of drinking the additional water until your symptoms diminish.

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

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SUPREP Bowel Preparation 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 SOLID FOOD AFTER 11:00am - ONLY CLEAR LIQUIDS**
- Take all your normal prescription medications, **unless otherwise advised**

At 6:00pm-

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

At 8:00pm-

- Pour one (1) 6-ounce bottle of SUPREP liquid into the mixing container and add cool drinking water to the 16 oz line on the container and mix
- Begin drinking the SUPREP solution. Drink all the liquid in the container
- You **MUST** drink two (2) more 16 oz containers of clear liquid over the next 2 hours.

The Day of Your Procedure:

At 6:00am-

- Pour one (1) 6-ounce bottle of SUPREP liquid into the mixing container and add cool drinking water to the 16 oz line on the container and mix
- Begin drinking the SUPREP solution. Drink all the liquid in the container
- You **MUST** drink two (2) more 16 oz containers of clear liquid over the next 2 hours.

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

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