

Patient: _____ Doctor: _____

Date of procedure: _____ Time to report: _____ Time of procedure: _____

Endoscopy Center, 1st Floor**1825 Rt 23 S Wayne, NJ****Chilton Hospital Access Center****97 W Parkway Pequannock, NJ****Wayne Surgical Center****1176 Hamburg Tpke Wayne, NJ**

Latex allergy: Y or N

Diabetes: Y or N

Pacemaker: Y or N

Defibrillator: Y or N

DIET: No iron supplement, seeds, nuts, corn, popcorn, tomatoes, cucumbers, quinoa or salad for three days before the procedure.**PREPARATION:** Please obtain the following items from your pharmacy before the procedure:

1. Two (2) **Bisacodyl** tablets- 5 mg each (over the counter).
2. One (1) **238 gram** bottle of **MiraLAX** (over the counter).
3. One bottle (10 ounce bottle) of **Magnesium Citrate**, not red/cherry flavored (over the counter).
4. **Gatorade or Crystal Light** (64 oz) to mix with the MiraLAX (see item #4 below).

THE DAY BEFORE THE PROCEDURE:

1. Before 10 am., you may have a light breakfast. This can include cereal, breads, and milk products, but cannot include fresh fruits, vegetables, salad or meats.
2. After 10 a.m., only clear liquids can be consumed. Clear liquids are as follows:

Water	Clear juices (apple, white grape, not red)	Italian ices (not red)
Bouillon (beef or chicken)	Tea (regular, decaf, herbal)	Jell-O (not red)
7-Up, ginger ale, seltzer	Black coffee	Gatorade (not red)
3. At 5 p.m., take the two Bisacodyl tablets with a glass of water.
4. At 6 p.m., mix the entire bottle of MiraLAX in 64 ounces of Gatorade or water flavored with Crystal Light. Mix the solution until the MiraLAX is dissolved. Drink a large glass (about 8 ounces) every 10 to 15 minutes until the bottle is empty. Bowel movements may begin to occur about one hour after the first glass of solution and may continue two to four hours after you finish the last glass. ***It is more easily tolerated if chilled and taken with a straw. Feelings of bloating or nausea may occur after the first few glasses. This should be temporary and decrease once bowel movements begin.***
5. Clear liquids can be consumed up to 5 hours prior to the procedure.

THE DAY OF THE PROCEDURE:

1. Six hours prior to the procedure, take one bottle (10 oz) of Magnesium Citrate.
2. Following the prep, you should expect to have clear yellow fluid passing into the toilet.
3. Wear loose, comfortable clothing. Bring your glasses (if necessary). Do not bring valuables such as jewelry with you. The endoscopy facility cannot be responsible for your belongings.
4. After the procedure you must not drive, work or do anything that could result in injury.
5. **YOU MUST HAVE A RIDE HOME OR THE PROCEDURE WILL BE CANCELLED!** Your ride should be available 1 ½ hours after you are dropped off for your procedure.

You must finish taking all liquid (prep and water) at least 5 hours prior to scheduled arrival time or your procedure will be delayed.

******DO NOT CONSUME ANYTHING ELSE BY MOUTH-NOT EVEN WATER******

ADDITIONAL INFORMATION:

If you take Coumadin, Pradaxa, Eliquis, Xarelto, Effient, Plavix, Ticlid or other *blood thinners/anticoagulants* make sure you have discussed this with your physician.

1. If you take blood pressure pills, pills for your heart, seizure medications or Parkinson's medications, take them as usual with small sips of water.
2. If you take aspirin, Advil, Motrin or any other *anti-inflammatory/arthritis pills* make sure you have discussed this with your physician. Tylenol is okay.

Please call if you have any questions.