

Patient: \_\_\_\_\_

Doctor: \_\_\_\_\_

Date of procedure: \_\_\_\_\_

Time to report for the procedure: \_\_\_\_\_

Endoscopy Center, 1st Floor  
1825 Rt 23 S Wayne, NJ  
973-996-4009

Chilton Hospital Access Center  
97 W Parkway Pompton Plains, NJ  
973-831-5115

Wayne Surgical Center  
1176 Hamburg Tpke Wayne, NJ  
973-709-1900

Diabetes:  Blood Thinner:(see below\*):  Pacemaker:  Defibrillator:  Latex allergy:

**DIET:** No iron supplement, seeds, nuts, corn, popcorn, tomatoes, cucumbers, quinoa or salad for three days before the procedure.

**PREPARATION:** Please get the prep materials at least several days before the procedure:

1. **MiraLAX** – One (1) **238 gram** bottle.
2. **Bisacodyl** tablets- 5 mg each. 6 tablets in total.
3. **Gatorade or Crystal Light** (64 oz) to mix with the MiraLAX.

**THE DAY BEFORE THE PROCEDURE:**

1. Before 10 am., you may have a light breakfast. This can include cereal, breads, and milk products.
2. After 10 a.m., only clear liquids can be consumed. Clear liquids are as follows:  
Water, green tea, coconut water      Clear juices      Italian ices Bouillon/ clear broth  
Tea      Jell-O      7-Up, ginger ale, seltzer      Black coffee      Gatorade
3. At 4 p.m., take 3 **Bisacodyl** tablets with a glass of water.
4. At 5 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. ***It is more easily tolerated if chilled and taken with a straw.***
5. Drink a large glass (about 8 ounces) every 10 to 15 minutes until you have consumed 4 glasses. 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. ***Feelings of bloating or nausea may occur after the first few glasses. This should be temporary and decrease once bowel movements begin.*** You can continue clear liquids during the evening.

**THE DAY OF THE PROCEDURE:**

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.

1. 6 hours prior to the procedure take 3 bisacodyl tablets with a glass of water.
  2. 5 hours prior to the procedure consume the remaining MiraLAX liquid. Drink 8 ounces every 10 to 15 minutes until you have finished an additional 4 glasses.
- **Do not bring valuables such as jewelry with you. The Endoscopy Facility cannot be responsible for your belongings.**
  - **After the procedure you must not drive, work or do anything that could result in injury.**
  - **You must have a friend or family member drive you home. No ride services such as Uber/ Lyft are allowed. Pick up will be approximately 1½ hours after you are dropped off.**

**You MUST FINISH drinking all liquids and water at least 4 hours prior to your scheduled arrival time or your procedure will be delayed. DO NOT CONSUME ANYTHING ELSE BY MOUTH-NOT EVEN WATER. Do not smoke marijuana or vape within 24 hours of the procedure. No gum chewing the morning of the procedure.**

**\* SPECIFIC MEDICATIONS:**

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

**GLP-1 agonists** such as **Ozempic, Wegovy, Trulicity and Mounjaro**. Make sure you have specifically discussed these medications with your physician or your procedure may be cancelled.