



[www.cgi-health.com](http://www.cgi-health.com)

Your colonoscopy is scheduled for \_\_\_\_\_, please arrive at \_\_\_\_\_.

Your procedure is scheduled at

The Colonoscopy Center, Lansdale (815 Sumneytown Pike, Suite 110, Lansdale)  
The Colonoscopy Center, Sellersville (817 Lawn Ave, Building B – 2<sup>nd</sup> Building in lot, Sellersville)  
Grandview Hospital (700 Lawn Ave, Sellersville)  
Einstein Hospital (559 W Germantown Pike, East Norriton)

Your procedure will be performed by  Dr. Markos       Dr. Lukaszewski       Dr. Nam  
 Dr. O'Connor       Dr. Sun

Attached you will find the instructions for your bowel prep.

Prior to arriving, please review our patient rights and responsibilities at  
[www.cgi-health.com/rights](http://www.cgi-health.com/rights).

If you are unable to access the patient rights and responsibilities (or you would prefer a hard copy), have any questions in regards to the prep, or if you need to change your appointment please contact \_\_\_\_\_ at 215-257-5071 ext \_\_\_\_\_.

When you arrive for your procedure, please bring both a photo ID and your insurance card(s) with you. You can expect to be here for approximately 1 ½ hours.

For our female patients between the ages of 18-57: On the day of the procedure you will be asked to provide the date of your last menstrual cycle and asked if there is any chance you could be pregnant. If uncertain, we advise you to take a pregnancy test prior to your arrival or your procedure will be cancelled.

Please no smoking the day of your procedure (cigarette, pipe, cigar, e-cigarette, and/or marijuana).

## THE PREP

### PRIOR TO YOUR PROCEDURE

PLEASE PURCHASE the following items at your pharmacy:

2 Dulcolax Laxative Tablets (not stool softener)  
8.3 OZ Miralax bottle

**Please note: Seeds, nuts, and the skins of fruits & vegetables interfere with our scoping equipment.  
Please avoid eating these foods for 3 days prior to your procedure.  
Peeled and deseeded fruit and vegetables are safe to eat.**

If you are DIABETIC, please consult with the physician who regulates your medication so that they make the proper adjustments while you are on a liquid diet the day before your procedure.

### THE DAY PRIOR TO YOUR PROCEDURE

You may have a LIGHT breakfast (Scrambled eggs & toast) up to 8 am  
The remainder of the day **NO SOLID FOOD IS TO BE EATEN**

The following clear liquids are acceptable the day prior to your procedure: soup broth, bouillon soup, soda, iced tea, hot tea, black coffee (no milk, cream or non-dairy coffee additives, sugar is ok), water, ***non-red or purple*** colored juices (i.e. apple, white grape, white cranberry), strained lemonade, ***non-red or purple*** colored Kool Aid, Gatorade, Crystal Light, popsicles without ice cream, Italian water ice, and Jell-O.

*Medications may be taken as usual on this day.*

### MORNING OF YOUR PROCEDURE

At \_\_\_\_ AM, take 2 Dulcolax tablets with water and mix the entire bottle of Miralax in 64 oz container of a chilled non-red liquid. Drink HALF of the container in 8 oz. increments every 15 minutes.

At \_\_\_\_ AM, begin drinking the remaining solution in 8 oz. increments every 15 minutes until gone.  
Please discontinue drinking any liquids after the mixture is gone.  
You may take your heart and /or blood pressure medication at this time if necessary.

### **DRIVER NEEDED**

If you do not have a driver you will have the option of either having the procedure done without sedation or you may reschedule for another day. Public transportation (cab, public or private transit vehicles, etc) is acceptable after your procedure **only** if you have a responsible adult to accompany you. An adult must remain with you for the remainder of the day. You are not permitted to drive until the next morning.

**Reminder: No fluids within 4 hours of your scheduled procedure  
or you may be canceled!**