



Dr. Siva K. Chockalingam
Associates in gastroenterology, PA.
1070 Wildewood Centre Drive, Columbia, SC 29223
Phone (803) 788 1100
Fax (803) 788 4522

Location: Berkley Endoscopy Center,
1072 Wildewood Center Drive, Columbia, SC

Need: **1. Driver:** Adult (18 and above) need to stay on premises
2. Copay: if questions call Mr. Billy Prince 803-719-5285
3. Patient Instruction Packet: If not submitted, test – cancelled.

oooooooooooooooooooooooooooo

Five Days prior to the procedure:

A. STOP the following medications on:

1. STOP all **aspirin and aspirin containing products (Ibuprofen):** Can take Extra strength Tylenol.
2. STOP all **arthritis medication:** (Celebrex, Mobic, Ultram, Voltaren, Plaquenil, Naproxen)
3. STOP all **iron supplements:** (Tandum plus, Bifera, Ferrous Sulfate, Integra Plus)
4. STOP all **Blood Thinners** 5 days before test. (Aggrenox, Coumadin, Warfarin, Plavix, Pradaxa, Xarelto, Effient)

B. Purchase the following:

1. Your called in prescription: Miralax and Zofran
2. Four Dulcolax tablets (stool softner- not laxative) .
3. 64 oz. of Gatorade or Crystal Light – **NO RED, ORANGE OR PURPLE**

The day before the procedure:

1. Take all of your medications except aspirin products, iron supplements, arthritis medication or blood thinners.
2. The entire day you will need to be on a **CLEAR LIQUID** diet.
NO: milk or dairy products (ice cream, yogurt or pudding);



Dr. Siva K. Chockalingam
Associates in gastroenterology, PA.
1070 Wildewood Centre Drive, Columbia, SC 29223
Phone (803) 788 1100
Fax (803) 788 4522

creamy soups or soups with rice or noodles;
fruits or vegetables; bread or crackers;
liquids that are **RED, ORANGE OR PURPLE**

YES: broth or boullion (chicken or beef);
light colored juices (apple, white grape, white cranberry),
Gatorade (clear, green, yellow, blue)
coffee or tea (no creamer)
soft drinks;
jell-o; sherbert; popsicles (cannot have fruit in popsicles)

3. At **6:00 am**: Mix and dissolve the entire bottle of Miralax in 64 oz. of Gatorade or Crystal Light and keep refrigerated.
4. At **6:00pm**: Take four (4) Dulcolax tablets (**stool softener, not laxative**) with 2 glasses of water.
5. At **6:15pm**: Take one (1) Zofran pill to avoid nausea.
6. At **6:30pm**: Start to drink the Miralax mixture. Drink 8oz. every 15 minutes, until it is all gone. If you
7. It may be awhile for you to start having bowel movements. The morning of the test you may still b
8. Continue to drink clear liquids up until midnight. This will help to flush the colon and also prevent de
9. **NOTHING TO EAT OR DRINK AFTER MIDNIGHT.**

The Day of the Procedure:

1. **NOTHING TO EAT/DRINK-** Going without food or liquid allows for a safer, more complete test and reduces the chance of nausea.
2. You may take your **blood pressure medicine** with a small sip of water.
3. **FOR DIABETIC PATIENTS:** Hold any pill form diabetic medicine the morning of the test. You can take it after the test when you are home and eating again. If you are insulin dependent you can take ½ of your normal dose on the morning of the procedure.

ASSOCIATES IN GASTROENTEROLOGY, P.A.

Dr. Chockalingam

Mon-Thurs 803-788-1100

BERKELEY ENDOSCOPY

Friday 803-788-1120

Appointment Information: