

**Hendrick Medical Center**  
1924 Pine Street, Abilene, TX 79601

You have been scheduled for a Colonoscopy with:

**Avery Smith, MD**

**Date of Procedure:**

**HMC Pre-Admission Testing will call with arrival instructions**

**Please advise. A NO SHOW for procedures is a \$50.00 fee and must be paid before rescheduling.**

**\*IMPORTANT\***

- Please bring your Insurance cards, proof of Identification and complete lists of home medications you are taking.
  - This includes over the counter medications such as vitamins, etc.
- If you need to reschedule, cancel or if you have any questions about your procedure please  
Call: (325) 268-4122
  - We ask that you give us 48 hours in advance if you need to cancel or change your
- The Central Billing office (CBO) will verify your Insurance benefits.  
Call: (800) 862-3313

## COLONOSCOPY PREP INSTRUCTIONS



*Failure to follow these instructions limit the value of your procedure and your exam may need to be rescheduled.*

### **SEDATION**

- You will be receiving IV (Intravenous) sedation. You **MUST** have an adult family member or friend (18 years or older with a valid drivers license) to drive you home following the procedure. You are **NOT** allowed to drive or leave the surgical facility alone. You are **NOT** allowed to utilize third party drivers (i.e. Lyft, Uber, RideShare, public buses, taxi services, etc.)

### **DAILY MEDICATIONS**

- If you are taking blood thinners (ex: Coumadin, Plavix, Brilinta, Xarelto) you must **STOP** taking them as described below.

#### **Instructions:**

**Coumadin - STOP 5 days before procedure and take Lovenox as directed**

**Plavix - STOP 5 days before procedure**

**Eliquis/Brilinta/Xarelto - STOP 1 day before procedure**

- You may take your asthma and blood pressure (Atenolol, Bystolic, Carvedilol, Metoprolol, Nadolol, Propranolol) medications with small sips of water the morning of the procedure.
- You may continue taking Aspirin 81 mg or 325 mg as usual.
- You may continue taking any thyroid or seizure medications as usual.
- If you use an inhaler for your asthma, bring it with you the day of your procedure.
- If you have diabetes, **DO NOT** take diabetic pills on the day of your procedure. If taking insulin, cut standard morning dosage in half.
- If you are taking diet pills (Phentermine, Metermine, Elvenir, Fastin, etc.), you must **STOP** taking them **14 days** before your procedure.

### **JEWELRY & VALUABLES**

- Please do not bring any valuable items or jewelries to the endoscopy room for your procedure.
- Nose, lip, or tongue jewelry piercings should be removed.

**MORNING OF PROCEDURE**

**NO SMOKING**

**NO Chewing Tobacco**

**NO Hard Candy**

**NO Chewing Gum**

**NO Breath Mints**

**CLEAR LIQUID DIET**

- Consists of clear liquids or foods that turn to liquids at room temperature.
- The purpose of a clear liquid diet is mainly to provide rest to your gastrointestinal tract prior to your colonoscopy procedure, and to ensure adequate visibility for the procedure. It is capable of keeping you hydrated.

**CLEAR LIQUID DIET OPTIONS**

- |   |  |
|---|--|
| ● Water or flavored water ( <u>WITHOUT</u> red or purple dye)                 | ● Sports drink such as Gatorade and Propel (light colors only)                       |
| ● Tea or coffee ( <u>WITHOUT</u> milk, cream or lightener)                    | ● Popsicles ( <u>WITHOUT</u> fruit or cream; NO red or purple dye)                   |
| ● Clear carbonated beverages and sodas (such as: Ginger ale/ Lemon-lime soda) | ● Plain Jell-O or other gelatin ( <u>WITHOUT</u> fruit; <b>NO</b> red or purple dye) |
| ● Apple or white grape juice  | ● Sorbet ( <b>NO</b> red or purple dye)  |
| ● Clear broth (such as: chicken, beef or vegetable)                           | ● Fruit Ices ( <b>NO</b> red or purple dye)  |
|   | ● Ensure, Boost, Glucerna (max 2 bottles)  |

## BOWEL PREPARATION:



The following is very important to ensure a successful exam



### YOU WILL NEED TO BUY THE FOLLOWING:

1. You will be given a prescription for a laxative called **GAVILYTE** (or a generic form).
2. Small bottle of Miralax (17 gram formulation will be adequate).
  - i. You do not need a prescription for this (an over-the-counter laxative).

### STEP # 1 (TWO DAYS BEFORE THE COLONOSCOPY)

| DATE | INSTRUCTIONS   |
|------|--|
|      | You may stick to your normal diet today with a light supper.                                   |
|      | Dissolve one capful of Miralax in 8 oz of clear liquids for each dose (total of 2 doses today) |
|      | Take one dose of Miralax in the morning and one dose in the evening.                           |

### STEP # 2 (ONE DAY BEFORE THE COLONOSCOPY)

| DATE | INSTRUCTIONS  |
|------|---|
|      | Begin a Clear Liquid diet this AM and continue throughout the day.  |
|      | Take another 2 doses of Miralax. One dose in the morning and one dose of in the evening.  |
|      | Mix the GAVILYTE with drinking water (follow the instructions on the container) Refrigerate. It tastes better cold. You may add your favorite flavor of Crystal light to the solution if desired.   |
|      | <b>At 6:00 PM:</b> Drink ONLY HALF of the GAVILYTE solution (8 oz. every 10-15 minutes) Save the remainder for the second dose. Refrigerate.   |
|      | Follow-up with 2 full glasses of water or your choice of clear liquid. To enhance your prep and prevent dehydration   |
|      | <b>At 10:00 PM:</b> Drink 8 oz glass every 10-15 minutes of the remainder of the Colyte prep until gone.  Follow-up with 2 full glasses of water or your choice of clear liquid to enhance your prep and to prevent dehydration. |

### STEP # 3 (MORNING OF COLONOSCOPY)

| DATE | INSTRUCTIONS   |
|------|--|
|      | <b>DO NOT eat or drink after midnight</b> (except for any remaining GAVILYTE prep) Starting at 12:01AM on the day of your Colonoscopy. |
|      | <b>Morning of procedure: NO smoking, NO chewing tobacco, NO hard candy, NO gum, NO mints</b>   |