

**Texas Midwest Surgery Center**  
751 N. 18th St.  
Abilene, Tx 79601

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

You have been scheduled for a Colonoscopy with:

**Avery Smith, MD**

**Date of Procedure:**

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

**\*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: (325) 676-0557

## 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 companion (family member or a friend) to take you home. You are **NOT** allowed to drive or leave the Endoscopy Center alone.

### **DAILY MEDICATIONS**

- If you are taking blood thinners (ex: Coumadin, Plavix, Eliquis, Xarelto) you must **STOP taking** them with the consent from your prescribing physician starting on this
- **DATE: .**
- You may take your asthma and blood pressure medications with small sips of water the morning of the procedure.
- If you use an inhaler for your asthma, bring it with you the day of your procedure.
- If you have diabetes, **DO NOT** take Insulin or diabetic pill on the day of your procedure.
- If you are taking diet pills (Phentermine, Metermine, Elvenir, Fastin, etc.), you must **STOP** taking them **14 days** before your procedure.
- If you take iron pills or fiber supplements. You must **STOP taking** them one week before your procedure... starting on **DATE:.**

### **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.



## 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 **COLYTE** (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
	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.
	Light dinner.

### 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 COLYTE 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 10:00 PM :</b> Drink ONLY HALF of the COLYTE 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

### STEP # 3 (MORNING OF COLONOSCOPY)

DATE	INSTRUCTIONS
	<b>DO NOT eat or drink after midnight</b> (except for the COLYTE prep and 2 glasses of water) Starting at 12:01AM on the day of your Colonoscopy.
	<b>At 3:00 AM:</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.

Morning of procedure: NO smoking, NO chewing tobacco, NO hard candy, NO gum, NO mints