

**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:**

**HMC 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 **SUFLAVE** (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.
	<b>At 10:00 PM :</b> Drink ONLY ONE BOTTLE of the SUFLAVE solution. Save the remainder for the second dose.  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><i>DO NOT eat or drink after midnight</i></b> (except for the SUFLAVE) Starting at 12:01AM on the day of your Colonoscopy.
	<b>At 3:00 AM:</b> Drink the remaining bottle of SUFLAVE.  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**