

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** 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.

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 **SUTAB** (or a generic form).

STEP # 1 (TWO DAYS BEFORE THE COLONOSCOPY)

DATE	INSTRUCTIONS
	Light dinner.

STEP # 2 (ONE DAY BEFORE THE COLONOSCOPY)

DATE	INSTRUCTIONS
	Begin a Clear Liquid diet this AM and continue throughout the day.
	<i>Dose 1 (4:00 PM)</i> <i>Step 1:</i> Open 1 bottle of 12 tablets. Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water, and drink the entire amount of water over 15 to 20 minutes. <i>Step 2:</i> Approximately 1 (ONE) hour after the last tablet is ingested, fill the provided container again with 16 ounces of water (up to fill line), and drink the entire amount over 30 minutes. <i>Step 3:</i> Approximately 30 minutes after finishing the second container of water, fill the container with 16 ounces of water, and drink the entire amount over 30 minutes.
	<i>Dose 2 (12:00 AM midnight)</i> Open the second bottle of 12 tablets and repeat STEP 1 to STEP 3. <i>DO NOT eat or drink after midnight (except the prep).</i> Starting at 12:01AM on the day of your Colonoscopy.

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