

**Texas Midwest Surgery Center**

751 N. 18th St  
Abilene, TX 749601

**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
  - **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 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.

## CLEAR LIQUID DIET

- Consists of clear liquids or foods that turn to liquids at room temperature.
- The purpose of 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 ( <b>WITHOUT</b> 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  |

## BOWEL PREPARATION:

### 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. <b><i>Dose 1 (10:00 PM)</i></b> <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.

#### STEP # 3 (MORNING OF COLONOSCOPY)

DATE	INSTRUCTIONS
	<b><i>DO NOT eat or drink after midnight</i></b> (except for the SUTAB prep and 2 glasses of water) Starting at 12:01AM on the day of your Colonoscopy. <b><i>Dose 2 (3:00 AM)</i></b> Open the second bottle of 12 tablets and repeat STEP 1 to STEP 3

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