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PREPARATION FOR COLONOSCOPY

Your procedure is scheduled on _____ at Texas Midwest Surgery Center / Abilene Regional Medical Center Outpatient Pavilion.

The Hospital/Surgery Center will call you with your scheduled time. Please be prepared for delays as we cannot always predict how long procedures will take. You must have a friend/family member arranged to drive you home (no taxis).

If you are on blood thinners please check with your PCP if and when you can stop them, and you must inform our office about the decision. This is an important decision because stopping blood thinners may increase the risk of blood clots. If you do not have clear instructions from your PCP, please inform us so we can help. Examples of blood thinners include Coumadin (Warfarin), Xarelto, Pradaxa, Aggrenox, Effient, Plavix and Aspirin.

If you have had any kind of joint replacement/pacemaker/spinal stimulator ask your surgeon if he/she recommends antibiotics before the colonoscopy. Usually this is not needed. If you have a heart valve replacement or have a history of heart valve infection, then antibiotics ARE necessary and you MUST alert us about this

TWO WEEKS BEFORE PROCEDURE: Stop diet pills.

ONE WEEK BEFORE PROCEDURE: Stop anti-inflammatory drugs like Advil, Aleve, Naprosyn, Excedrin, Ibuprofen, Mobic, Meloxicam, etc. Use Tylenol (or generic) 500mg up to 4 times a day instead.

Buy one gallon of blue Gatorade or tea (sweet or unsweet), one bottle of Miralax powder (238gms), Dulcolax (bisacodyl 5mg) 6 tablets. Alternatively, purchase one gallon GoLytely or Colyte and 6 Dulcolax (bisacodyl 5mg) tablets. Also purchase 2 Dramamine pills.

FIVE DAYS BEFORE THE PROCEDURE: Stop Coumadin/Warfarin/Plavix/Aspirin/Aggrenox/Effient if okay with PCP.

TWO DAYS BEFORE THE PROCEDURE: Stop fiber supplements. If you are diabetic, do not take the evening dose of your pills or insulin.

ONE DAY BEFORE THE PROCEDURE: Stay on a liquid diet all day (details ahead). Stop Xarelto/Pradaxa if okay with PCP. Take all your other medicines except diabetic medicines.

Mix the Miralax (238gms) in the blue Gatorade or tea (1 gallon) and chill it.

At 2 pm start drinking the cold Gatorade/tea/GoLytely and drink HALF of it (half gallon) over 2 hours. Take Dramamine (1 pill) if needed for nausea.

At 6 pm take 2 Dulcolax pills with water.

At 8 pm take 2 Dulcolax pills with water.

At 11 pm drink the other half gallon of cold Gatorade/tea/GoLytely over 2 hours.

Take 1 pill of Dramamine if needed for nausea.

THE DAY OF THE PROCEDURE: Do not eat or drink anything but take 2 Dulcolax pills with a sip of water at 5 am. If your mouth is dry you may rinse it with water but spit out the water and do not swallow it. Do not take any other medicines that morning. Bring your regular medicines with you so you can take them after the test.