

DIGESTIVE DISEASES and MEDICAL WEIGHT LOSS  
4708 Alliance Blvd Pavilion I Suite 550  
Plano, TX 75093

Terilyn R. Scott-Winful, MD

**INSTRUCTIONS FOR COLONOSCOPY WITH SPLIT DOSE GALLON PREP**

- Medication:** Please notify us if you are on the following medications: **Plavix, Aggrenox, Pletal (cilostazol), Coumadin (Warfarin), Pradaxa, Effient, Xarelto, Brilinta or Eliquis.** You will need to hold these medications **5 days prior to your procedure.** Please verify with your cardiologist or PCP whether these medications are safe to hold due to your medical condition. You should not use **Lovenox** the day of your procedure. **Avoid taking any NSAID's i.e. Ibuprofen, Advil, Motrin, Aleve, Naproxen or Aspirin for 1 week prior to the procedure.** If you are Diabetic, please consult your primary care physician regarding your medication and diet. If you are taking **Phentermine** you need to hold the medication 5 days before your procedure. **You may continue to take all other medications.** Please call our office with any questions you may have.
- Diet:** The day before colonoscopy, consume **CLEAR LIQUIDS ONLY! DO NOT EAT ANYTHING SOLID! Avoid dairy products and anything that is red or purple!** Drink plenty of fluids all day. Examples: **water, tea, clear sodas, Gatorade, strained fruit juices (no pulp), beef or chicken broth, Jell-O and popsicles.** You may have coffee without cream in the morning but not the evening before your procedure or the morning of your procedure.
- Additional Instructions:** The day before the procedure, fill the gallon of colon prep with water to the fill line. Mix well. If you choose not to use the flavor packs you can mix the unflavored prep with 2 packets of Crystal Light. You may want to mix it in the morning and refrigerate until ready to drink. **Begin drinking half (2 liters) of the prep solution at 6:00pm the evening before your procedure.** Drink an 8-ounce glass every 10-15 minutes. Take your time however you will need to complete it **within a 2 hour time frame.** Continue drinking clear liquids. If you become nauseated you may stop until the nausea subsides then resume drinking the prep. **Drink the remaining half (2 liters) at \_\_\_am.** Drink an 8-ounce glass every 10-15 minutes. You will need to complete it **within a 2 hour time frame. You cannot have anything else to drink at least 4 hours prior to your scheduled procedure time.** Please remove all jewelry prior to the procedure.
- Procedure Fees:** There is a possibility of three fees: physician; facility and pathology. Physician and facility fees will be due before the procedure(s). You will receive a call from the physician's office and the facility to collect.
- Transportation:** You must have someone you know drive you home. Taxicabs are buses are not acceptable. You may not walk home. You can expect to be at the facility 2-4 hours from your arrival time.
- COVID CONCERNS:** If you have had a positive COVID test within 21 days of your procedure day please call our office to reschedule.
- COVID Test:** The facility will contact you to schedule your COVID test no later than 72 hours before your procedure. If you do not receive a call, please call the phone number listed next to the facility below.

**Please Report To:**

- Castle Hills Surgicare, 4221 Medical Parkway Suite 100, Carrollton, TX 75010 (972) 939-2141
- Baylor Ambulatory Endoscopy Center, 4708 Alliance Blvd., Medical Pavilion 1, Ste 210 Plano, TX 75093 (469) 800-6021. ([www.baylorendoscopycenter.com](http://www.baylorendoscopycenter.com))
- Baylor Scott & White Medical Center Plano, 4700 Alliance Blvd., 2nd Floor, Day Surgery (469) 814-5200.

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_ Check In: \_\_\_\_\_ DR: Scott-Winful

**TO AVOID A NO SHOW/CANCELLATION FEE PLEASE CALL THE OFFICE 48 BUSINESS HOURS BEFORE YOUR PROCEDURE IF YOU NEED TO CANCEL OR RESCHEDULE AT (469) 800-6580.**