

## DIGESTIVE DISEASES and MEDICAL WEIGHT LOSS

4708 Alliance Blvd Pavilion I Suite 550

Plano, TX 75093

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### INSTRUCTIONS FOR COLONOSCOPY WITH MIRALAX/DULCOLAX

- 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 or Fragmin** 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, pulp 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.
- Items to purchase over the counter from the pharmacy:**
  - **Miralax**-1 large bottle (8.3 ounces or 238 grams)
  - **4 Dulcolax or bisacodyl tablets** (20 mg total, laxative not stool softener)
  - **One large 64-ounce bottle of a sports drink such as Gatorade or a clear liquid of your choice to mix with the Miralax. Do not use carbonated beverages.**
- The day before: At 12 PM:** Swallow the **Dulcolax** tablets with a glass of a clear liquid. **At 3 PM:** Mix the bottle of **Miralax** with the 64 oz. of **Gatorade** or other clear liquid of your choice. (You can mix in the morning & refrigerate if you prefer it chilled). Begin drinking the **Miralax** solution. Drink an 8 oz. glass every 20-30 minutes until all gone. Continue drinking clear liquids throughout the entire day. **Do not have anything else to drink 4 hours prior to your procedure time.** Remove all jewelry before your procedure.
- Transportation:** You must have someone you know drive you home. Taxicab, Uber, Lyft or 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: \_\_\_\_\_

**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.**

08/30/2021