



PREPARATION FOR COLON SURGERY/COLONOSCOPY

R. 9-24-2014

DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

PATIENT NAME: \_\_\_\_\_

ARRIVE AT FACILITY: \_\_\_\_:\_\_\_\_ AM / PM

TIME PROCEDURE BEGINS: \_\_\_\_:\_\_\_\_ AM / PM

- Presbyterian - Flower Mound, Las Colinas Medical Center, Baylor Medical Center at Carrollton, Baylor Medical Center at Irving, Tuscan Surgery Center at Las Colinas, Medical Center of Lewisville

You may purchase:

EZ2go Bowel Preparation Kit in -office plus (1) 64 oz bottle of Gatorade or G2 from store

Purchase MiraLax®/Dulcolax at Pharmacy:

- (1) 8.3 oz bottle of MiraLAX® (over the counter) (4) Dulcolax laxative tablets (1) 64 oz bottle of Gatorade or G2

OR

One Week Prior to the Procedure: Please let the office know if you are on blood thinning medication or taking Aspirin.

- DO NOT take iron pills or medication that can cause bleeding. STOP using anti-inflammatory type drugs including: Empirin, Bufferin, Ascriptin, Ibuprofen, Motrin, Advil, Medipren, Nuprin, Naproxen, Bextra, Celebrex, Vioxx, Clinoril, Piroxican, Feldene, Aleve, Indomethacine, Indocin, and Voltaren (Tylenol is OK) Discontinue use of fiber supplements: Metamucil, Citrucel, Benefiber, etc. DO NOT EAT: Nuts, Seeds, Popcorn or Corn

If you are on a blood thinning medication or taking Aspirin, please contact our office.

One Day Prior to the Procedure:

The day prior to the procedure you will need to be on a CLEAR LIQUID DIET ALL DAY. The diet includes water, apple juice, Jell-O, popsicles, chicken broth, Gatorade, G2, chicken and beef bouillon. Do not drink or eat solid foods, milk or dairy products (\*If you are diabetic, please contact your primary care physician for modification of clear liquid diet or medications.)

Follow Instructions below:

- 1. At \*12:00 pm take 4 Dulcolax tablets with 8 ounces of Gatorade or G2



4 Dulcolax Tabs @ \*12:00 pm

\* If a noon start time is too early for you to begin your bowel prep you may start the Dulcolax tabs 3:00pm and the MiraLAX/EZ2go prep at 5:00pm.

- 2. At \*2:00 pm mix the entire bottle of MiraLAX® in the remaining 64 oz bottle of Gatorade. Shake the solution until the powder is dissolved. Drink (1) 8 oz glass of Gatorade or G2/MiraLAX® solution every 30 minutes until the mixture is completely gone. If given a Reglan prescription, follow instructions on prescription bottle. 3. Continue to drink clear liquids until bedtime. DO NOT EAT OR DRINK AFTER MIDNIGHT!

\*DUE TO ANESTHESIA, YOU WILL NEED SOMEONE TO DRIVE YOU HOME AFTER THE PROCEDURE\* Please arrange transportation prior to your procedure.

If you have any further questions or experience any problems you are unsure of, please do not hesitate to call our office. We are committed to providing you with convenient, compassionate, quality care.

Thank you, The Staff at TEXAS COLON & RECTAL SPECIALISTS