

**Date and Time of Procedure:** \_\_\_\_\_

### **3 DAYS PRIOR TO PROCEDURE:**

- Start your Low Fiber diet 3 days before your procedure,
  - NO fibrous veggies, salads, seeds, nuts, or corn.

### **THE DAY BEFORE YOUR PROCEDURE (Prep Day):**

- Buy your bowel prep at the pharmacy (*over the counter*)
  - **3 Dulcolax Tablets** (*Bisacodyl Laxative, each tablet is 5mg*)
  - **2 bottles of 238 gram/8.3oz Miralax** (*Polyethylene Glycol 3350*)  
Generics and comparable brands are acceptable
- **64oz of electrolyte drink/clear liquid** (*not red or purple*) i.e. water, tea, Gatorade, Powerade, Sugar free sport drinks.
  - Mix **1 bottle** of Miralax Powder (*or 1.5 bottles if you have constipation*) with the 64oz of clear liquid. Chill in the refrigerator or mix with Crystal Light or ice to make it more palatable.
- **Clear liquid diet the entire day** (*list on Pg 2*).
- Continue clear liquid diet until next day 3 hours before colonoscopy. At this time, stop eating or drinking anything (*medications with small sips of water is okay*).
- **At 5pm**, take 3 Dulcolax Tablets.
- **At 7pm**, drink **HALF OF PREP MIXTURE** (32 oz.).  
Finish all in 30 minutes or at least 8 oz. every 10 minutes. The faster you drink it, the better the prep.
- **8 hours before** your procedure, at \_\_\_\_\_, drink the second **HALF OF PREP MIXTURE** (32 oz.). Again drink fast to ensure good prep result.
  - This may be early in the morning, but it will dramatically improve your bowel prep and polyp detection rate.
  - With good prep, your stool output should be clear like apple juice or urine. **If at 4 hours before procedure, stool is still loose or cloudy**, mix ½ to 1 bottle of Miralax with 32 oz. of clear liquid such as water, drink all within 30 minutes to purge out the residue stool
- During the prep, try to drink extra clear liquids every hour while awake to keep hydrated.

### **ARRIVAL TIMES TO SURGERY CENTER/HOSPITAL:**

**THE SURGERY CENTER/HOSPITAL WILL NOTIFY YOU OF YOUR ARRIVAL TIME 2 DAYS BEFORE YOUR PROCEDURE. IF YOU DO NOT RECEIVE THIS NOTIFICATION, PLEASE CONTACT THE SURGERY CENTER/HOSPITAL WHERE YOU ARE HAVING YOUR PROCEDURE.**

*(see list of locations on last page.)*

## COMMON QUESTIONS:

### APPROVED Clear Liquids

- Water
- Tea
- Black coffee (**NO** creamer)
- Jell-O
- Apple Juice
- Clear broth/bouillon (**NO** noodles)
- Clear Protein Water
- Coconut Water
- Crystal Light
- Gatorade
- Ginger Ale
- Fruit Ice / Italian Ice
- Popsicles (**WITHOUT** milk or fruit pieces)
- Clear chicken broth

### Can I eat or have a small snack the day before?

**NO.** This will make solid stool in your colon and interfere with the visualization of your colon.

### How can I make my bowel preparation agent (laxative) taste better OR less awful?

1. Chill the bowel cleansing liquid by putting it in the refrigerator or ice bucket.
2. Use a straw, sipping is better.
3. Add flavor such as lemon juice, lemon slices, or sugar free flavor enhancers like Crystal Light®.
4. Suck on a menthol candy (i.e. Halls menthol drops) or a Popsicle during ingestion of the bowel prep solution.

### Do I have to take all of the prep?

**YES.** This is the only way to ensure you have an adequate colonoscopic evaluation and avoid having to cancel the procedure and repeat the bowel prep.

### How do I know if I'm cleaned out?

Your stool should look clear like apple juice or urine.

### What if I get nauseated or vomit?

Chew sugar-free gum, add ice to the prep, and/or drink ginger ale. You may take a short break and resume once it passes. If your nausea/vomiting continues, please contact our office at 512-260-1581.

### I am done with the bowel prep and my stool isn't clear yellow. Now what?

Mix ½ – 1 bottle of Miralax with 32 oz of clear liquid such as water, and drink all of it as fast as you can to purge out the residue stool in your colon. Do this **ONLY** if you can finish drinking the additional prep **more than 3 hours** before your procedure. If not, call our office for assistance.

### I have started taking the prep and haven't had any bowel movements.

Keep going, make sure to drink the Miralax mixture fast, DO NOT sip it slowly. Individual response times to laxatives may vary from 30 minutes up to several hours.

### The prep is making my bottom very sore. What can I do?

When cleaning the area avoid rubbing. Gently pat with a wet wipe (i.e., *baby wipe*). Apply Vaseline or A&D ointment liberally. You may also use a medicated wipe such as Tucks. Warm baths or sitz baths are also helpful.

### Can I brush my teeth the morning of the colonoscopy?

**YES!** You may brush your teeth the morning of your colonoscopy

## IMPORTANT THINGS TO KNOW:

### Questions:

For questions about the exact time of your procedure, please call surgery center directly. For other questions, please call our office at 512-260-1581.

### Driver:

You will need someone to drive you home after the procedure. Plan to be at the hospital a total of 3 to 4 hours. Patients will not be allowed to leave the facility alone. You are not to drive, operate any machinery, or make legal decisions for the remainder of the day/evening following your procedure.

### Biopsies:

If biopsies were taken or polyp(s) removed, once pathology results are back (usually in 1-2 weeks), we will send you a letter via MyChart, or mail (if you do not have a MyChart account). For significant findings that need immediate action, our office will make every effort to call you. If you do not hear from us within two weeks, please call our GI office at 512-260-1581.

### Costs:

If you have questions about verifying your benefits and costs, please contact your insurance provider or our Patient Services Coordinator. If you are scheduled for a **Screening colonoscopy** (colon cancer screenings are done every 10 years for people over age 50), depending on the policy of your insurance, there are circumstances when a **screening** colonoscopy may become a **diagnostic** colonoscopy during the procedure. These circumstances could be, but are not limited to, the following: **a biopsy being taken or a polyp being removed**. As a result, **your out-of-pocket costs may change**. If you have questions, please contact your insurance provider.

### Potential Complications:

Complications of procedure are rare and may include bleeding, infection, perforation, cardiopulmonary complications, sedation related complications (e.g. change in breathing, heart rate, blood pressure), unsuccessful procedure (e.g. due to poor prep, tortuous colon, stricture etc.), and missed lesions, resulting in the possibility of needing additional procedures/operations.

### Medications that Affect Blood Clotting (*blood thinners*):

**5 days** prior to your procedure, stop NSAIDs (Nonsteroidal anti-inflammatory drugs) such as ibuprofen, naproxen, meloxicam, etc. as they increase risk of bleeding. **Aspirin is permitted.**

**Please notify us at least 5 days prior to your procedure, if you are currently taking ANY of the following medications (*blood thinners*):**

- Aggrenox (aspirin/dipyridamole)
- Persantine (dipyridamole)
- Brilinta (ticagrelor)
- Plavix (clopidogrel)
- Coumadin (warfarin)
- Pradaxa (dabigatran)
- Effient (prasugrel)
- Ticlid (ticlopidine)
- Eliquis (apixiban)
- Xarelto (rivaroxaban)

## MANAGING YOUR DIABETES BEFORE COLONOSCOPY *(If applicable)*

### General Guidelines:

- If it is possible, **schedule your appointments earlier in the day** so that after the procedure, you may eat and take your diabetes medicine as close to your usual time as possible.
- The day before your procedure, you will be on clear liquids which are digested more rapidly and may be more likely to have a low blood sugar reaction. Because of this, it is recommended that you take your clear liquids in multiple feedings, not three meals (i.e. drink the liquids at breakfast, mid-morning, lunch, mid-afternoon, dinner, 2-3 hours after dinner, and at bedtime).
- You should check your blood sugars **at least 3 times on the day before, and again on the morning** of your colonoscopy. Also, check your blood sugars whenever you feel that you might be experiencing either low or high blood sugars.
- Be sure to **tell the nurse, doctor, or technician if you think you are having a low blood sugar reaction** before or after the procedure. Bring a source of sugar to treat low blood sugar if necessary (i.e., glucose tablets, sugar packets, candy).
- You should contact your primary care physician/diabetes care provider if your blood sugars are **greater than 300 mg/dl**.
- If you have a low blood sugar reaction while preparing for a test, you must treat it. You can use ½ cup apple juice or ½ cup cola (clear liquid with carbohydrate) along with sugar pills/packets/gel if necessary.
- Keep in mind that **low blood sugar levels are potentially dangerous**, so having slightly elevated blood sugar levels are more acceptable when monitoring your blood sugar and adjusting medications.

### Managing Your Blood Sugar If You Take Insulin:

- If you take long-acting insulin (*NPH, Lente, Ultra-Lente*), or a combination of long-acting plus short-acting insulin (Humalog/Novolog or Humulin/Novolin 70/30, 75/25), then you should take ½ of your usual dose(s) on prep day (the day before) your procedure.
- Take your short-acting insulin as usual on the prep day.
- **DO NOT** take any insulin on the morning of your procedure.
- You may restart your usual insulin dose after the procedure has been completed since you will be able to eat normally once again.

### Managing Your Blood Sugar If You Take Diabetes Pills:

Do not take your diabetes pills on the day before and on the morning of your procedure, resume once the procedure has been completed.

## LIST OF SURGICAL CENTERS/HOSPITALS

### **Cedar Park Surgery Center**

351 Cypress Creek Road, #102  
Cedar Park, Texas 78613  
Phone: 512-498-9006

### **Cedar Park Regional Medical Center (Hospital)**

1401 Medical Parkway (Building A)  
Cedar Park, Texas 78613  
Phone: 512-528-7000

### **Northwest Hill Surgery Center**

6818 Austin Center Blvd  
Austin, Texas 78731  
Phone: 512-346-1994

### **Oakwood Surgery Center**

16030 Park Valley Drive  
Round Rock, Texas 78681  
Phone: 512-244-3940

### **Williamson Surgery Center**

301 Seton Center Parkway, Suite 200  
Round Rock, Texas 78665  
Phone: 512-861-4200

## ARRIVAL TIMES TO SURGERY CENTER/HOSPITAL:

THE SURGERY CENTER/HOSPITAL WILL NOTIFY YOU OF  
YOUR ARRIVAL TIME 2 DAYS BEFORE YOUR PROCEDURE. IF YOU DO NOT RECEIVE  
THIS NOTIFICATION, PLEASE CONTACT THE SURGERY CENTER/HOSPITAL  
WHERE YOU ARE HAVING YOUR PROCEDURE.