

# Bowel Preparation and Instructions for Colonoscopy

-For Dr. Senter's Patients Only-

**Patient Name:** \_\_\_\_\_

**Facility:**

**Baylor Surgicare at Fort Worth 1** \_\_\_\_\_

**Procedure Date:** \_\_\_\_\_

**Arrival Time:** \_\_\_\_\_

**Procedure Time:** \_\_\_\_\_

**Purchase over the counter : 2 Dulcolax (bisacodyl 5 mg) tablets, 238 gram bottle of Miralax, and 64 oz. Gatorade (not red or purple). G2 Gatorade is acceptable.**

- If you regularly take Plavix (clopidogrel), Coumadin (warfarin), Xarelto (rivaroxaban), Pradaxa (dabigatran) or Eliquis (apixaban) stop this medication 5 days prior to colonoscopy unless we have discussed this issue and decided you'll continue these agents.
- Do not take medicines containing aspirin for 10 days prior to colonoscopy. These include: Alka-Seltzer, Anacin, Ascriptin, Ecotrin, Empirin, Excedrin, Halfprin.
- If pain relief is needed, use Tylenol (acetaminophen).

**In order for colonoscopy to take place, the colon must be absolutely clean:**

- For two days prior to colonoscopy, avoid salads, fruit peels, beans, corn, seeds, nuts and dairy products. Stop taking vitamin and supplements.

**Avoid the following:**

- Bulk laxatives (Metamucil, Citrucel, Konsyl, Fibercon, Benefiber, Bran, Effersyllium)
- Stool softeners
- Iron-containing vitamins (Multivitamins with iron, Geritol) and fish oil supplements

- Starting on the morning of the day before colonoscopy, begin a clear liquid diet, which includes the following:

- |   |                                   |
|---|-----------------------------------|
| -Bouillon and clear broths, such as chicken broth | -Fruit juices with <u>no pulp</u> |
| -Black coffee or tea                              | -Popsicles® (not red or purple)   |
| -Jello® (no fruit or toppings, no red or purple)  | -Gatorade (not red or purple)     |
|   | -Hard candy                       |

**The following are not allowed:**

- Any food or drink colored red or purple. • Any solid food other than hard candy or Popsicles • Any dairy products including milk, cheese, ice cream, and yogurt.

# FORT WORTH COLON & RECTAL SURGERY ASSOCIATES

Texas Health Care, P.L.L.C.

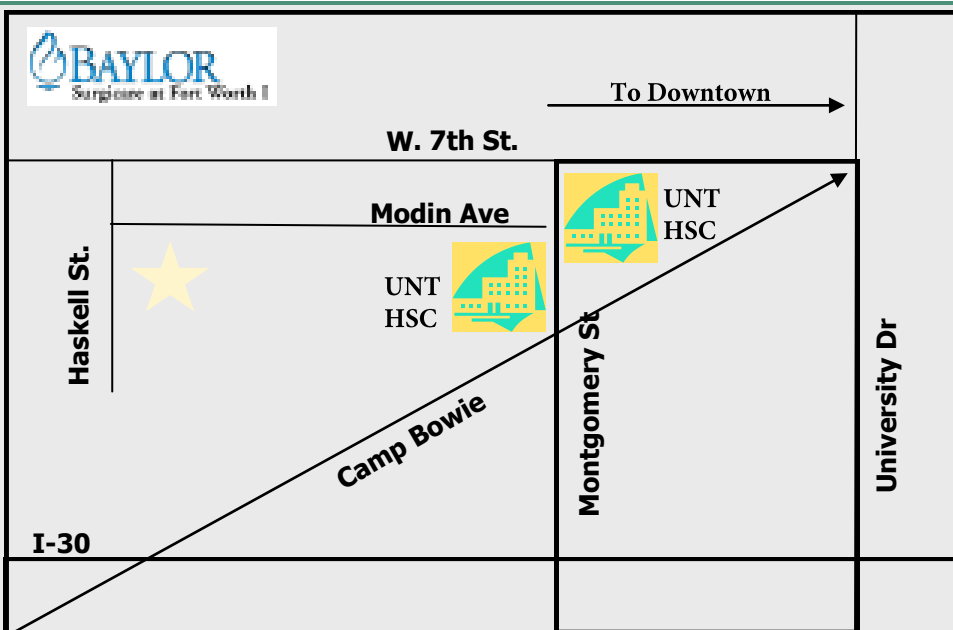
- Starting in the afternoon on the day prior to colonoscopy:
  - At \_\_\_\_\_, take the 2 Dulcolax tablets with a glass of water.
  - At \_\_\_\_\_, mix the 238 gram bottle of Miralax in 64 oz. of cold Gatorade. Stir the solution until the Miralax is dissolved. Drink an 8 oz. glass of the solution every 30 minutes, as tolerated, finishing the entire solution by 10:00pm.
  - Continue to drink all the clear liquids you desire up until midnight.
- You may apply some Anusol, Desitin, A&D or Vaseline around the anus if the anal area becomes sore due to passage of liquid stool. Baby wipes with aloe may also be helpful.

**Do not eat or drink anything after midnight the night before the colonoscopy, including hard candy or chewing gum.**

## On the day of your colonoscopy

- It is okay to brush your teeth the morning of the colonoscopy. Take your regular heart or blood pressure medications in the morning with a small sip of water. If you are diabetic, measure your blood sugar the night before and the morning of colonoscopy; if the sugar is low, you may have some apple juice. Do not take insulin or diabetic medications until after the procedure.
- If you wear contacts, please wear your glasses on the day of your colonoscopy.
- Bring your medical insurance card and driver's license with you to the facility.
- Bring list of medications with dosage amounts and last dose taken.

**You will be sedated for the exam and will not be able to drive for the rest of the day.  
Bring someone with you who can drive you home.**



Baylor Surgicare  
at Fort Worth 1  
is located at :

975 Haskell Street  
Fort Worth, TX 76107  
Their phone number is:  
817-570-0200

For more information on the  
facility, please visit their  
website,  
[www.baylorsurgicarefwi.com](http://www.baylorsurgicarefwi.com)