

Bowel Preparation and Instructions for Colonoscopy

-For Dr. Senter's Patients Only-

Patient Name: _____

Facility: _____

Fort Worth Endoscopy Center

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:

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|---|-----------------------------------|
| -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.

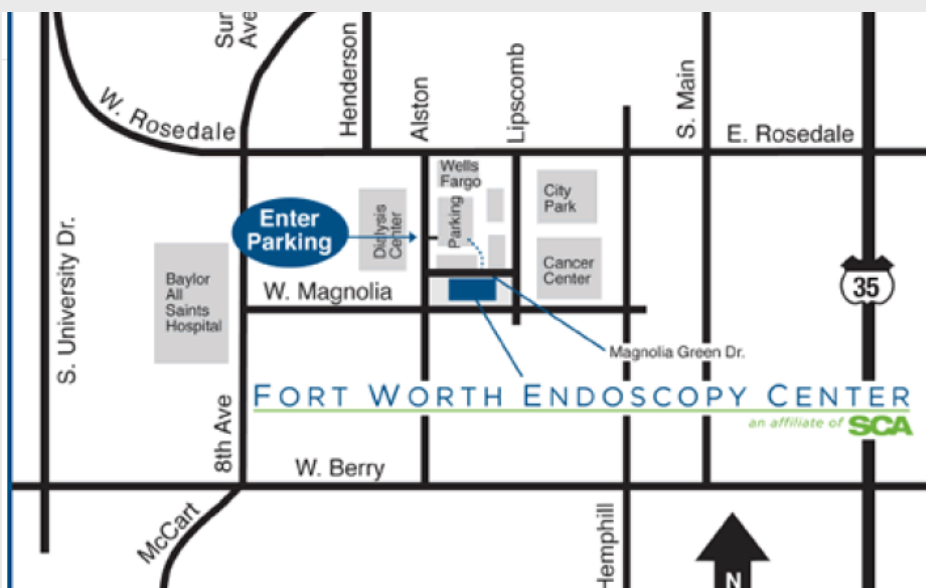
- Starting in the afternoon on the day prior to colonoscopy:
 - At _____, take the 2 Dulcolax tablets with a glass of water.
 - At _____, mix the 238 gram bottle of Miralax in 64 oz. of cold Gatorade. Stir the solution until the Miralax is dissolved. Drink an 8 oz. glass of the solution every 30 minutes, as tolerated, finishing 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.**



Fort Worth
Endoscopy Center
is located at
900 West Magnolia Avenue,
Suite #101
Their phone number is:
817-332-6500
For more information on the
facility, please visit their
website,
www.fwendo.com