



LUBBOCK
DIGESTIVE
DISEASE
ASSOCIATES

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3610 24th Street Lubbock, TX 79410
(806) 793-3141 Fax: (806) 795-9179

Colonoscopy Instructions for: _____

Report to ____ South Plains Endoscopy Center (SPEC) 3610 24th Street Lubbock, TX

in the AM / PM, on _____ the _____ of _____.

(SPEC will call you three days prior to your procedure with your actual check in time.)

Report to ____ Covenant Medical Center 3615 19th Street Lubbock, TX

at _____ AM / PM, on _____ the _____ of _____.

Purchase: 510 gram bottle of Miralax

Purchase over the counter from any pharmacy:

Three Dulcolax Laxative Tablets--you may have to purchase a whole box

- 64 oz of Gatorade or 64 oz clear liquid of choice-(water, apple juice, tea, etc.)

Important information regarding your medications. Read carefully:

--If you take the following blood thinners please stop them **5 (five) days BEFORE** the procedure. These medications will increase your risk of bleeding if a polyp is removed during your procedure:

___Plavix (clopidogrel) ___Effient (prasugrel) ___Brilinta (ticagrelor) ___Coumadin (warfarin)

--If you take the following blood thinners please stop them **2 (two) days BEFORE** the procedure. These medications will increase your risk of bleeding if a polyp is removed during your procedure:

___Pradaxa (dabigatran)___Eliquis (apixaban)___Xarelto (rivaroxaban)___ Savaysa(edoxaban)

--It is ok for you to continue taking your Aspirin (all doses) and anti-inflammatory medications up until the day of the procedure.

--Take your blood pressure or seizure medicine with a sip of water at your normal scheduled time or a minimum of one hour before arriving at the Endoscopy Center.

--If you use an inhaler, please bring it with you to your procedure.

--If you are a diabetic, please check with your diabetic specialist regarding whether to take your insulin or oral hypoglycemic medications. Please bring your insulin to your procedure.

--If you are a smoker, please abstain from smoking the day of your procedure.

General important information:

PLEASE NOTE: IF YOU DO NOT HAVE SOMEONE WITH YOU TO DRIVE YOU HOME YOUR PROCEDURE WILL BE CANCELLED AND RESCHEDULED AT ANOTHER TIME. It is important for someone to be with you to talk with the doctor and to be with you at home after the procedure.

--Bring your glasses to sign papers. (Do not wear contact lenses.) Leave all jewelry/valuables/money at home unless a deposit is required. Be prepared to wait, as some procedures take longer. Wear warm socks and comfortable clothing on the day of the procedure.

--In accordance with the ASGE and AGA guidelines antibiotic prophylaxis are not recommended for the endoscopies performed at South Plains Endoscopy Center, therefore it is not necessary for you to take any prior to your procedure.

--If you become nauseated taking the prep, stop taking the prep. Wait 30-60 minutes then restart the prep, but drink it more slowly. If unable to complete the prep, your procedure will be cancelled.

4 DAYS BEFORE PROCEDURE

1. If you are taking iron or fiber supplements, stop taking them now.
2. Stop eating corn and all seed products (ie: Flax seed, Chia etc) until after your procedure.

DAY BEFORE THE PROCEDURE

1. Mix the 510 gram bottle of Miralax in 64 oz of Gatorade or 64 oz clear liquid of choice (water, apple juice, tea, etc.) Shake the solution until the Miralax is dissolved. Refrigerate for later use.
2. Drink clear liquids only, such as coffee, tea, soft drinks, water, clear fruit juices, bouillon, sport drinks, and Jello. Alcoholic beverages allowed in moderation. **DO NOT EAT ANY SOLID FOODS OR DRINK MILK PRODUCTS THE DAY BEFORE OR THE DAY OF THE PROCEDURE.**
3. At noon take 3 Dulcolax tablets.
4. At 5 pm drink an 8 oz glass every 10-15 minutes until the solution is gone.
5. You may drink clear liquids until midnight. Nothing by mouth after midnight.
NOTE: Drink plenty of fluids during the day.

DAY OF THE PROCEDURE

1. Take your blood pressure pill, heart pill, or seizure pill with just a sip of water--at least one hour before going to the Endoscopy Center. No gum, mints or hard candy the day of procedure.
2. Have a designated driver ready to drive you home.
3. Wear warm socks and a comfortable, easy to change outfit.

Cancellation Policy: Effective 01-01-2014 a \$100.00 fee will be charged to those who do not keep their appointment, cancel their appointment with less than 48 hours notice or if the patient fails to follow all instructions as outlined above that results in cancellation of the procedure. Procedure appointment slots are very limited and you will be helping other patients receive the care they need and deserve. To cancel or reschedule, please call (806) 793-3141 ext 211.

***Please note: If you report for your procedure and you **DID NOT** follow **all** of the above instructions, resulting in the cancellation of your procedure, you may be charged \$100.00 and your procedure will be rescheduled.