



Texas Digestive Disease Consultants

powered by GI Alliance

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Do Not Eat Any Nuts, Seeds or Popcorn One Week Prior to Your Procedure

Procedure Date & Time: _____

Arrival Time: _____

Facility: _____ (SEE MAP)

Prep Instructions for Colonoscopy -----MiraLAX (Purchase TWO 238gram bottles)

*If you are taking **Plavix, coumadin (warfarin), Eliquis, Brilinta, Lovenox or any other prescribed blood thinners**, it's very important that you notify the nurses for instructions as when to **STOP** this medication before your procedure. **If you are taking 325mg Aspirin**, switch to 81mg daily 7 days prior to your procedure. Do not take on the day of your procedure.

Day Prior To Procedure:

- 1. On _____ you **MUST** be on a clear liquid diet **ALLDAY**. (No Solid Foods)

LIST OF LIQUIDS: tea, coffee, coke, diet sodas, chicken or beef broth, jell-a, popsicles, apple juice, cranberry juice, Gatorade, Powerade, and water. **Absolutely No Red Jell-o, Red Products, Orange Juice, Milk or Milk Products (Including non-dairy products)**

- 2. If you are **Diabetic** and take medications, half dose your dose your medications only on the day prior to your procedure(s).
- 3. **Part 1: At 6 PM**, mix one 238gram bottle of MiraLAX (sold over the counter) with 64oz of room temperature water. **Drink 32oz within 1 hour.**
- 4. If **by 9pm**, you are still having brown stools, **drink another 32oz of MiraLAX**
- 5. If **by 10pm**, you are still having brown liquid stools, please call our office at **972-562-4430** and hit the **option for the doctor on call for further instructions.**

Day Of Procedure: 5 hours prior to your procedure time

- 1. **Part 2: At _____ AM/PM, Drink another 32oz of MiraLAX within 1 hour.**
- 2. **Must** have transportation from the facility by an adult family member or friend.
- 3. You make take your blood pressure or heart medications with small sips of water.
- 4. **Nothing by mouth or to drink 5 hours prior to your procedure time**