

## Preparation for Colonoscopy

## Physician:

### Colonoscopy

Colonoscopy is a test that allows your doctor to look at the inner lining of your large intestine (rectum and colon). In order to achieve an accurate evaluation of your lower gastrointestinal (GI) tract, it is important that you properly prepare for the procedure. Doctors are able to obtain the clearest view of the bowel when it is flushed completely free of waste material. The thoroughness of this intestinal cleaning depends on you. Without your cooperation, the examination cannot accomplish its purpose and may have to be repeated.

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

**Check In Time:** \_\_\_\_\_

**Location:** \_\_\_\_\_

#### Texas Health Presbyterian Hospital Allen

1105 Central Expressway North,  
Allen, TX 75013  
972-747-1000

#### Methodist Craig Ranch Surgery Center

6045 Alma Rd Suite 100,  
McKinney, TX 75070  
469-907-1650

#### Baylor of McKinney

5252, W. University Dr, Highway  
380 at Lake Forest Drive,  
McKinney, TX 75071  
469-764-1000

#### Medical Center of McKinney

4500 Medical Center Drive,  
McKinney, TX 75069  
972-547-8000

#### Medical City Surgery Center McKinney

4510 Medical Center Drive,  
Suite 150,  
McKinney, TX 75069  
972-547-1580

#### Digestive Health Center of Plano

3500 Preston Rd, Suite 200,  
Plano, TX 75093  
972-985-2300

### Five (5) Days before the Procedure:

- Do Not Drink Alcohol for (5) Days prior to your procedure.
- Do Not take any or ibuprofen products. Taking Tylenol (acetaminophen) is allowed.
- Stop taking anticoagulants or blood thinners such as: Coumadin, (Warfarin) Naprosyn, Nuprin, Persantine, Plavix, Relafen, Rufen, Celebrex, and NSAIDS.
- No blood thinner, No fish oil or iron, No motrin, Aspirin or Advil.

### Day before Procedure:

- Do not eat or drink anything after mid-night.
- The day before your procedure you will be on clear liquids; From the time you wake up all day.  
Clear liquid include: Jell-o, frozen popsicles, chicken or beef broth, water, lemonade, apple juice, white grape juice, sprite, hard sugar candies (butterscotch, lemon drops) **\*\*\*nothing red or purple\*\*\***
- Avoid Food, dairy products, Orange juice and anything that is red or purple.
- Diabetic Patients: You will need to take only ½ of the dose of your diabetic medicine the day before your procedure.

### Day of Procedure:

- **Only take any prescribed heart or blood pressure medications with a sip of water.**
- If you are diabetic: To avoid dangerously low blood sugar, Please **Do Not** take your diabetic medication (pills or insulin) the morning of your procedure. You can resume your diabetes medications after the procedure once you have eaten.
- **You may have clear liquids until 7:30 AM Only if you procedure is scheduled after 1:30 PM**
- Plan on being at the facility for approximately 2-3 hours and ensure to arrive at the facility at least 1 hour before the scheduled procedure.
- A driver must accompany you i.e., you must have someone drive you home after your procedure. You will be sedated for your Endoscopy/EGD and will be drowsy for several hours after the procedure. You may not drive or work for 12 hours after the procedure.

**YOU MUST HAVE SOMEONE DRIVE YOU HOME**

**- No Taxi, Uber, Lyft or Bus!**

**IF A PRESCRIPTION IS SENT IN PLEASE PICK IT UP WITHIN 7 DAYS**