

## GENERAL INFORMATION

You have been scheduled for a colonoscopy. This test consists of passing a long, lighted, flexible tube through your rectum and into the lower intestinal tract. This procedure allows the doctor to look at the lining of the rectum and large intestine (colon). Biopsies may be taken (small pieces of tissue) for microscopic examination. If polyps or other abnormalities are present, they will be addressed. There is an 8% risk of missing polyps/cancers.

## SAMPLE LIQUID DIET

*Beverages:* Coffee, tea, decaffeinated coffee and carbonated beverages (any sodas).

*Desserts:* Any Jell-O (NOT RED).

*Clear Fruit Juices:* Apple, white grape, orange or lemonade. Anything with pulp in it needs to be strained first.

*Soup:* Fat free broth or bouillon.

*Miscellaneous:* Popsicles, Kool-Aid, Gatorade (recommended), Pedialyte (NOT RED), hard candies or Life Savers dissolved in the mouth.

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## SAMPLE MENU

### BREAKFAST

Coffee

Sugar

Fruit juice

Broth

Jell-O (NOT RED)

### LUNCH and DINNER

Tea

Sugar

7-Up

Broth

Jell-O (NOT RED)

## **AFTER THE PROCEDURE**

You may experience some bloating. You will be able to pass the gas eventually. If you have difficulty passing gas, walk around or try lying on one side and then the other. Sitting in a tub of warm water also helps.

If you experience severe pain or bleeding any time after the procedure, contact our office immediately or come to the Emergency Room at Abilene Regional Medical Center. **Perforation and bleeding** are the most serious complications of this procedure but are rare.

**For questions, please call (325) 692-3777**

**If a biopsy is taken or polyp removed during the procedure, the office will contact you within 10 days with the result. Please contact our office if you do not hear from us.**

**Sandip V. Mathur, M.D.**

P.O. Box 5496, Abilene TX 79608. Tel 325-692-3777

**UPPER ENDOSCOPY / ERCP**

You have been scheduled for a test called an Esophagogastroduodenoscopy (EGD) / Endoscopic retrograde cholangio-pancreatography (ERCP). This test consists of passing a flexible scope into your esophagus (food tube), stomach, and the duodenum (the beginning of your small intestine). This procedure allows the doctor to visualize the lining of your throat, esophagus, stomach and duodenum. In an ERCP, the biliary and pancreatic ducts are examined.

**YOUR PROCEDURE IS SCHEDULED ON \_\_\_\_\_  
AT APPROXIMATELY \_\_\_\_\_ AT ABILENE REGIONAL  
MEDICAL CENTER / TEXAS MIDWEST SURGICAL CENTER.** This time is variable depending the case scheduled ahead of yours and/or emergency cases that might be done. If you are scheduled at Texas Midwest, they will call you directly with the appointment time two days before the test.

**DAY BEFORE SURGERY**

A low-fat diet the day before the test is recommended. Do not eat green leafy vegetables or drink any red or purple liquids.

**\*\*DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE THE TEST\*\***

Please discontinue all aspirin, aspirin products seven (7) days prior to the procedure or blood thinners (such as Coumadin) five (5) days prior to the procedure—ONLY if okay with your primary physician or your heart specialist (cardiologist).

Please discontinue all iron pills including vitamins with iron three (3) days prior to the test.

Please inform the doctor or nurse if you have had a joint (ex: knee or hip) or heart valve replacement or if you need antibiotics before or after minor surgery.

Please bring someone with you to drive you home after the exam.

If a biopsy is taken or a polyp removed, the office will contact you within 10 days with the results. **If you do not hear from us please call us.**

**DAY OF THE PROCEDURE**

Arrive at **Abilene Regional Medical Center/Texas Midwest Surgery Center** at \_\_\_\_\_  
or as directed.

**SANDIP V. MATHUR, MD, MRCP  
P.O. BOX 5496, ABILENE, TX 79608  
6300 REGIONAL PLAZA #820  
ABILENE, TX 79606 TEL 325-692-3777**

**CAPSULE ENDOSCOPY PATIENT PREP FORM**

**THIS PATIENT GUIDE WILL INSTRUCT THE PATIENT ON HOW TO APPROPRIATELY PREPARE FOR THE CAPSULE ENDOSCOPY PROCEDURE. PLEASE FOLLOW THE DIRECTIONS BELOW. PATIENTS SHOULD CONTACT THE OFFICE WITH ANY QUESTIONS AT 325-692-3777.**

- 1. PATIENT SHOULD STOP TAKING IRON SUPPLEMENTS 1 WEEK BEFORE THE PROCEDURE AND SHOULD NOT INGEST ANY MEDICINES AT LEAST 2 HOURS PRIOR TO THE PROCEDURE.**
- 2. DIABETIC PATIENTS NEED TO FOLLOW ANY CHANGES TO INSULIN DOSAGE AS PRESCRIBED BY THE PHYSICIAN.**
- 3. THE PATIENT SHOULD BE ON CLEAR LIQUIDS 24 HOURS PRIOR TO THE PROCEDURE. THE PATIENT SHOULD NOT DRINK ANY SODAS FOR 24 HOURS PRIOR TO THE PROCEDURE. AFTER MIDNIGHT THE NIGHT BEFORE THE PROCEDURE PATIENT CAN ONLY HAVE WATER.**
- 4. PURCHASE MIRALAX 120 GRAMS AND 2 MYLICON 80 MG TABLETS(BOTH ARE OVER THE COUNTER)**
- 5. MIX THE BOTTLE OF MIRALAX IN A QUART OF GATORADE (NOT RED OR PURPLE) OR TEA AND DRINK COMPLETELY 12 HOURS PRIOR TO THE PROCEDURE. TAKE 2 MYLICON PILLS (GAS-X) ONE HOUR LATER WITH WATER AFTER FINISHING MIRALAX.**
- 6. THE PATIENT SHOULD ABSTAIN FROM SMOKING 12 HOURS BEFORE THE PROCEDURE.**
- 7. ON THE DAY OF THE PROCEDURE THE PATIENT SHOULD WEAR LOOSE, COMFORTABLE CLOTHING(ONE-PIECE CLOTHING SHOULD NOT BE WORN)**
- 8. PRIOR TO THE PROCEDURE, DO NOT APPLY ANY LOTIONS OR PERFUMES.**
- 9. AFTER SWALLOWING THE CAPSULE, ONLY DRINK WATER UNTIL YOU RETURN THE RECORDER.**

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## **PREPARATION FOR COLONOSCOPY**

Your procedure is scheduled on \_\_\_\_\_ at Texas Midwest Surgery Center / Abilene Regional Medical Center Outpatient Pavilion.

The Hospital/Surgery Center will call you with your scheduled time. Please be prepared for delays as we cannot always predict how long procedures will take. You must have a friend/family member arranged to drive you home (no taxis).

If you are on blood thinners please check with your PCP if and when you can stop them, and you must inform our office about the decision. This is an important decision because stopping blood thinners may increase the risk of blood clots. If you do not have clear instructions from your PCP, please inform us so we can help. Examples of blood thinners include Coumadin (Warfarin), Xarelto, Pradaxa, Aggrenox, Effient, Plavix and Aspirin.

If you have had any kind of joint replacement/pacemaker/spinal stimulator ask your surgeon if he/she recommends antibiotics before the colonoscopy. Usually this is not needed. If you have a heart valve replacement or have a history of heart valve infection, then antibiotics ARE necessary and you MUST alert us about this

**TWO WEEKS BEFORE PROCEDURE:** Stop diet pills.

**ONE WEEK BEFORE PROCEDURE:** Stop anti-inflammatory drugs like Advil, Aleve, Naprosyn, Excedrin, Ibuprofen, Mobic, Meloxicam, etc. Use Tylenol (or generic) 500mg up to 4 times a day instead.

**Buy one gallon of blue Gatorade or tea (sweet or unsweet), one bottle of Miralax powder (238gms), Dulcolax (bisacodyl 5mg) 6 tablets. Alternatively, purchase one gallon GoLyte or Colyte and 6 Dulcolax (bisacodyl 5mg) tablets. Also purchase 2 Dramamine pills.**

**FIVE DAYS BEFORE THE PROCEDURE:** Stop Coumadin/Warfarin/Plavix/Aspirin/Aggrenox/Effient if okay with PCP.

**TWO DAYS BEFORE THE PROCEDURE:** Stop fiber supplements. If you are diabetic, do not take the evening dose of your pills or insulin.

**ONE DAY BEFORE THE PROCEDURE:** Stay on a liquid diet all day (details ahead). Stop Xarelto/Pradaxa if okay with PCP. Take all your other medicines except diabetic medicines.

Mix the Miralax (238gms) in the blue Gatorade or tea (1 gallon) and chill it.

At 2 pm start drinking the cold Gatorade/tea/GoLyte and drink HALF of it (half gallon) over 2 hours. Take Dramamine (1 pill) if needed for nausea.

At 6 pm take 2 Dulcolax pills with water.

At 8 pm take 2 Dulcolax pills with water.

At 11 pm drink the other half gallon of cold Gatorade/tea/GoLyte over 2 hours.

Take 1 pill of Dramamine if needed for nausea.

**THE DAY OF THE PROCEDURE:** Do not eat or drink anything but take 2 Dulcolax pills with a sip of water at 5 am. If your mouth is dry you may rinse it with water but spit out the water and do not swallow it. Do not take any other medicines that morning. Bring your regular medicines with you so you can take them after the test.

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## **2 DAY PREP FOR COLONOSCOPY**

- **CLEAR LIQUIDS X 2 DAYS**

**DAY 1:**

Start a liquid diet and stay on it all day. Stop blood thinners such as Xarelto, Pradaxa, Eliquis if okay with your PCP. Take all your regular medications except medications for diabetes (including Insulin). Take Magnesium Citrate 6oz at 9am & 6pm.

**Day 2:**

Continue liquid diet all day, stay off blood thinners. Take all your regular medication except medication for diabetes (including Insulin).

Mix the Miralax (238grams) in the blue Gatorade or Tea (1Gallon) and chill it.

At 2pm start drinking the cold Gatorade or Tea and drink HALF of it (HALF Gallon) over 2 hours. Take Dramamine (1 pill) if needed for nausea.

At 6pm take 2 Dulcolax pills with water.

At 8pm take 2 Dulcolax pills with water.

At 11pm drink the other half gallon of cold Gatorade/Tea over 2 hours.

Take 1 pill of Dramamine if needed for nausea.

**THE DAY OF THE PROCEDURE: DO NOT EAT OR DRINK ANYTHING,** but take 2 Dulcolax pills with a sip of water at 5am. If your mouth is dry you may rinse it with water but spit out the water and do not swallow it. Do not take any other medication that morning. Bring your regular medication with you. So you can take them after the test.

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## **SUPREP PREPARATION FOR COLONOSCOPY**

Your procedure is scheduled on \_\_\_\_\_ at Texas Midwest Surgery Center / Abilene Regional Medical Center Outpatient Pavilion.

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If you are on blood thinners please check with your PCP if and when you can stop them, and you must inform our office about the decision. This is an important decision because stopping blood thinners may increase the risk of blood clots. If you do not have clear instructions from your PCP, please inform us so we can help. Examples of blood thinners include Coumadin (Warfarin), Xarelto, Pradaxa, Aggrenox, Effient, Plavix and Aspirin.

If you have had any kind of joint replacement/pacemaker/spinal stimulator ask your surgeon if he/she recommends antibiotics before the colonoscopy. Usually this is not needed. If you have a heart valve replacement or have a history of heart valve infection, then antibiotics ARE necessary and you MUST alert us about this

**TWO WEEKS BEFORE PROCEDURE:** Stop diet pills.

**ONE WEEK BEFORE PROCEDURE:** Stop anti-inflammatory drugs like Advil, Aleve, Naprosyn, Excedrin, Ibuprofen, Mobic, Meloxicam, etc. Use Tylenol (or generic) 500mg up to 4 times a day instead.

**Buy SUPREP and Dulcolax (bisacodyl 5mg) 6 tablets. Also purchase 2 Dramamine pills.**

**FIVE DAYS BEFORE THE PROCEDURE:** Stop Coumadin/Warfarin/Plavix/Aspirin/Aggrenox/Effient if okay with PCP.

**TWO DAYS BEFORE THE PROCEDURE:** Stop fiber supplements. If you are diabetic, do not take the evening dose of your pills or insulin.

**ONE DAY BEFORE THE PROCEDURE:** Stay on a liquid diet all day (details ahead). Stop Xarelto/Pradaxa if okay with PCP. Take all your other medicines except diabetic medicines.

At 2 pm start drinking the **SUPREP** and drink HALF, Take Dramamine (1 pill) if needed for nausea.

At 6 pm take 2 Dulcolax pills with water.

At 8 pm take 2 Dulcolax pills with water.

At 11 pm drink the other half of **SUPREP**.

Take 1 pill of Dramamine if needed for nausea.

**THE DAY OF THE PROCEDURE:** Do not eat or drink anything but take 2 Dulcolax pills with a sip of water at 5 am. If your mouth is dry you may rinse it with water but spit out the water and do not swallow it. Do not take any other medicines that morning. Bring your regular medicines with you so you can take them after the test.