



**The Austin Diagnostic Clinic  
Gastroenterology Specialists**  
North and South Austin offices  
512/901-4007 • [adclinic.com](http://adclinic.com)

**Your Doctor: Alice Friedman, M.D.**  
**Your procedure is scheduled at:**  
ADC Lakewood: 7600A Capital of Texas Highway  
(Loop 360), Building A, Austin, Texas 78731

**Preparation Instructions:**

**Colonoscopy with  
Miralax 1-day Prep**

Prep-Start Date: \_\_\_\_\_  
Arrival Time: \_\_\_\_\_

Procedure Date: \_\_\_\_\_  
Procedure Time: \_\_\_\_\_

**Preparation Instructions:**

You are scheduled for a colonoscopy, a procedure in which a doctor examines the lining of your large intestine by looking through a flexible tube called a colonoscope. If growths or other abnormalities are found during the procedure, the doctor may remove the abnormal tissue for closer examination or biopsy.

**Please remember to arrange a responsible adult to stay with you during your procedure and drive you home. If you do not have a responsible adult your procedure will be cancelled and rescheduled. Please review the preparation schedule below for the days preceding your colonoscopy. Should you need further assistance please call Dr. Friedman’s office at (512) 901-4879.**

1 Week Prior	1 Day Prior	Procedure Day
<p>Purchase the following:</p> <ul style="list-style-type: none"> <li>✓ <b>Miralax, 238 g bottle</b></li> <li>✓ <b>Dulcolax laxative, 4 tablets (no prescription needed)</b></li> <li>✓ <b>64 oz Gatorade (no red, blue or purple – can use more than one flavor)</b></li> </ul> <ul style="list-style-type: none"> <li>▶ Stop eating nuts, seeds, popcorn or corn.</li> <li>▶ <b>Arrange for a responsible adult to stay with you during the procedure and take you home post procedure.</b></li> <li>▶ If you take fiber supplements discontinue those <b>7 days</b> before your appointment.</li> <li>▶ Do not take oral hypoglycemics the night before and the morning of procedure. (Actos, Metformin, Glyburide, Januvia, Glipizide)</li> <li>▶ If you are on insulin, use sliding scale. Bring insulin with you to Surgery Center.</li> <li>▶ <u>Stop taking these meds:</u> Plavix or Coumadin (if okay with cardiologist, talk to your cardiologist about Lovenox). Aspirin, Advil, Ibuprofen, Aleve .</li> </ul> <p><b>Unless told otherwise you make take Tylenol as needed.</b></p> <p><b>Scheduling Information: 512/901-4496</b></p> <p><b>Clinical Information: 512/901-4879</b></p>	<ul style="list-style-type: none"> <li>▶ <b>Have a light breakfast</b></li> </ul> <ul style="list-style-type: none"> <li>- One (1) boiled or poached egg or a small portion of skinless chicken, turkey or fish.</li> <li>- Dry white toast with no butter.</li> </ul> <ul style="list-style-type: none"> <li>▶ <b>You may have clear liquids all day which includes:</b> Water, broth, coffee or tea without milk or creamer, Gatorade, soft drinks, juices (no pulp), Jell-O. <b>No dairy</b></li> </ul> <p><b>Nothing RED, BLUE or PURPLE</b></p> <p><b>1:00pm:</b> Take four (4) Dulcolax Laxative Tablets. Mix 238g of Miralax into 64 oz of Gatorade and place in refrigerator if desired.</p> <p><b>5pm:</b> Drink 8 oz of solution and continue drinking an 8 oz glass of solution every 15 minutes until the solution is finished.</p> <p><b>If you experience nausea or vomiting take a 15-30 minute break, then continue drinking prep solution (drinking through a straw may help).</b></p> <p><u><b>Nothing after midnight!</b></u></p>	<ul style="list-style-type: none"> <li>▶ If you have an afternoon procedure, you can have clear liquids until 6 am.</li> <li>▶ You may take your essential morning medications with a small sip of water, unless otherwise directed by your doctor.</li> <li>▶ <b>Be sure to bring the following:</b></li> </ul> <ul style="list-style-type: none"> <li>✓ Responsible adult driver to stay with you and drive you home</li> <li>✓ Insurance Cards</li> <li>✓ Any co insurance fees due</li> <li>✓ Driver’s License</li> <li>✓ Medical Directive</li> </ul> <p><b>NOTE:</b> If this is a screening colonoscopy and polyps or other abnormalities are found, <b><u>YOUR CO-PAY WILL CHANGE.</u></b> Contact your insurance company to see what your out of pocket expenses will be.</p> <p><b>There will be a \$75 charge if you cancel your procedure within 3 business days of your scheduled date.</b></p>