



**The Austin Diagnostic Clinic
Gastroenterology Specialists**
North and South Austin offices
512/901-4007 • 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 2-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	2 Day Prior	1 Day Prior	Procedure Day
<p>Purchase the following:</p> <ul style="list-style-type: none"> ✓ Miralax, 238 g bottle ✓ Dulcolax laxative, 4 tablets (no prescription needed) ✓ 64 oz Gatorade (no red, blue or purple – can use more than one flavor) ✓ Magnesium Citrate 10 ounces <p>▶ Stop eating nuts, seeds, popcorn or corn.</p> <p>▶ Arrange for a responsible adult to stay with you during the procedure and take you home post procedure.</p> <p>▶ If you take fiber supplements discontinue those 7 days before your appointment..</p> <p>▶ Do not take oral hypoglycemics night before and morning of procedure. (Actos, Metformin, Glyburide, Januvia, Glipizide)</p> <p>▶ If you are on insulin, use sliding scale. Bring insulin with you to Surgery Center.</p> <p>▶ <u>Stop taking these meds:</u> Plavix or Coumadin (if okay with cardiologist, talk to your cardiologist about Lovenox). Aspirin, Advil, Ibuprofen, Aleve .</p> <p>Unless told otherwise you make take Tylenol as needed.</p>	<p>▶ Drink at least 8 large glasses of water throughout the day.</p> <p>5pm- Drink Magnesium Citrate - 10 ounce bottle.</p> <p>There will be a \$75 charge if you cancel your procedure within 3 business days of your scheduled date.</p> <p>Scheduling Information: 512/901-4496</p> <p>Clinical Information: 512/901-4879</p>	<p>▶ Have a light breakfast</p> <ul style="list-style-type: none"> - One (1) boiled or poached egg or a small portion of skinless chicken, turkey or fish. - Dry white toast no butter. <p>▶ You may have clear liquids all day which includes: water, broth, coffee or tea without milk or creamer, Gatorade, soft drinks, juices (no pulp), Jell-O.</p> <p>No dairy Nothing RED, BLUE or PURPLE</p> <p>1pm: Take four (4) Dulcolax Laxative Tablets and mix 238g of Miralax into 64 oz or Gatorade. Place in refridgerator if desired.</p> <p>5pm: Drink 8 oz of solution and continue drinking an 8 oz glass of solution every 15 minutes until solution is finished.</p> <p>If you experience nausea or vomiting take a 15-30 minute break, then continue drinking prep solution (drinking through a straw may help).</p> <p><u>Nothing to drink after midnight!</u></p>	<p>▶ If you have an afternoon procedure you can have clear liquid until 6 am.</p> <p>▶ You may take your essential morning medications with a small sip of water, unless otherwise directed by your doctor.</p> <p>▶ Be sure to bring the following:</p> <ul style="list-style-type: none"> ✓ Responsible adult driver to stay with you and drive you home ✓ Insurance Cards ✓ Any co insurance fees due ✓ Driver’s License ✓ Medical Directive <p>NOTE: If this is a screening colonoscopy and polyps or other abnormalities are found, <u>YOUR CO-PAY WILL CHANGE.</u> Contact your insurance company to see what your out of pocket expenses will be.</p>