

**Instructions for Colonoscopy Prep**  
**Seema Dar, M.D.**  
**19284 Stone Oak Pkwy. Ste. 102**  
**210-656-3715**

Colonoscopy scheduled for:

| Name | Date | Arrival Time |
|------|------|--------------|
|------|------|--------------|

- Theda Oaks Endoscopy Center, 19226 Stone Hue #103, 210-268-0100
- North Central Baptist Hospital, 520 Madison Oak, 210-297-4000

You will need to purchase **two 1 \_ oz. bottles of FLEET'S PHOSPHO-SODA** (the oral laxative, not the enema). This can be found over the counter at most grocery or drug stores.

**One day prior to your exam date:**

- ✓ Have a good breakfast in the morning (no later than 10 am). The rest of the day you will have only clear liquids. This may include: soft drinks, sports drinks, clear pulp-free fruit juices, tea, coffee (**no milk or dairy creamer**), bouillon, gelatin, popsicles (no sherbets or fruit bars), and of course water. You may also have hard candies. Please keep in mind that your brain prefers glucose (sugar) for fuel, so be sure to have some sweet items spaced throughout the day. (NO milk products or artificially-dyed red products.)
- ✓ At 4pm begin taking the laxative. You will take one measured tablespoon and wash it down with 6oz. of ginger ale, apple juice, sprite, 7 up or water. Repeat this step two more times or until bottle is empty. The laxative usually begins working within 30 minutes.
- ✓ At 8Dm take the second bottle of laxative, just as you did above
- ✓ Your colon should be cleaned out within 3-4hour of taking the laxative. You will know your colon is clean when you are passing nothing but clear yellowish fluid with a few particles. Anything more means stool is still in the colon. Continue drinking water. The basic mechanism of the salt-based laxative (like Fleet's Phospho-Soda) is to draw water into the colon. For this prep to be effective, you must drink plenty of fluids throughout the day, and especially after you've taken the laxative. If, after 4hrs, you feel your colon is not clean you may call our service and we will let you know how to finish the process before your procedure.
- ✓ You may continue to drink clear liquids within two hours of your procedure.
- ✓ Special instructions for those on **diabetic or blood thinning medications (including aspirin)**

If you take **Insulin**, use half of your regular dose the morning of the exam, unless instructed other wise.

If you take any **diabetic pill(s)** you need to hold off on taking the pill(s) the morning of the exam.

Stop taking **aspirin** on week prior to the exam; stop taking **coumadin** and/or **Plavix** four days prior to your exam.

**Additional Instructions:**

BRING A DRIVER, ALLOW 2 \_ TO 3 HOURS FOR PROCEDURE. MAKE SURE THAT YOU BRING YOUR INSURANCE INFO. AND A PICTURE ID. WEAR SOCKS. **KEEP IN MIND THAT YOU WILL BE REQUIRED TO MAKE A PAYMENT AT TIME OF SERVICE IF YOU HAVE A DEDUCTIBLE THROUGH YOUR INSURANCE.**