

**ELLIS COUNTY SURGICAL ASSOCIATES  
DR. YOMI FAYIGA  
1626 W. BUS. HWY. 287, SUITE 102  
WAXAHACHIE, TX. 75165  
PH: 972-923-2600**

**INSTRUCTIONS FOR COLONOSCOPY**

Appointment date: \_\_\_\_\_ Check in time: \_\_\_\_\_ Check in at the main entrance of Surgery Center of Waxahachie, 106 Lucas Street, Waxahachie, 972.351.8535.

This information has been prepared to assist you. **PLEASE READ IT CAREFULLY.** If you have any questions, please call the doctor's office listed above during regular business hours.

**Transportation:** You will be sedated for the procedure. **You will not be allowed to drive yourself home.** Please make arrangements to have someone drive you home after the procedure. Allow approximately 2-3 hours from arrival to departure.

**Medications:** Do **NOT** take Aspirin or Ibuprofen products at least 5 days prior to your procedure. If you are taking a prescribed blood thinner, please call your physician to be sure it will be o.k. to stop 5 days. If you are taking medications for blood pressure, heart, or any other critical medications continue to take them on your regular schedule, even the morning of the procedure with a sip of water only. Do **NOT** take diabetes medication on the morning of the procedure until you are allowed to eat again.

**Preparation Day Before Procedure:** You must be on a clear liquid diet only on the day before the procedure. This includes all you want of broths, Jello, Popsicles, fruit juices without pulp, soda, water, coffee, and tea. Please **do not have anything red the day before.** This may be confused for blood during the procedure.

\*\*You need to purchase two, 32 oz. bottles of Gatorade, any flavor, any color except red. You will also need two 4.1 oz. bottles of Miralax, and four Dulcolax 5mg tablets. All of these are over the counter medications available at any pharmacy or grocery store.

12:00 p.m. day before: Take the first two Dulcolax tablets. Mix one bottle of Miralax with one bottle of Gatorade and shake for about 2-3 minutes. The Miralax will totally dissolve. Drink this bottle of Gatorade over an hour to hour and a half. You will only taste the Gatorade.

6:00 p.m. day before: Take the second two Dulcolax tablets. Mix the second bottle of Miralax with the second bottle of Gatorade and again shake for about 2-3 minutes. Drink this bottle again over an hour to hour and a half.

**AFTER MIDNIGHT DO NOT EAT OR DRINK ANYTHING**

**After the procedure:** You may feel full/ bloated. This will pass as you expel the air that was introduced into your colon during the procedure.

The findings from the examination will be explained to you and/or a family member before you leave the hospital. If a biopsy is performed, it will be sent off and takes a few days to come back with results. We will call or mail a letter to you with your results after the doctor has reviewed them.