

**SPEC**

**SOUTH PLAINS ENDOSCOPY CENTER**

### Colonoscopy Instructions

Report to South Plains Endoscopy Center (SPEC) 3610 24th Street Lubbock, TX

**(SPEC will call you prior to your procedure with your actual check in time.)**

Purchase the following:

2-10 oz bottles of Magnesium Citrate

3 Dulcolax **Laxative** Tablets (you will have to purchase the whole box).

#### ***Important information regarding your medications. Read carefully:***

--If you take the following blood thinners please stop them **5 (five) days BEFORE** the procedure. These medications will increase your risk of bleeding if a polyp is removed during your procedure:

\_\_\_Plavix (clopidogrel) \_\_\_Effient (prasugrel) \_\_\_Brilinta (ticagrelor) \_\_\_Coumadin (warfarin)

--If you take the following blood thinners please stop them **2 (two) days BEFORE** the procedure. These medications will increase your risk of bleeding if a polyp is removed during your procedure:

\_\_\_Pradaxa (dabigatran)\_\_\_Eliquis (apixaban)\_\_\_Xarelto (rivaroxaban)\_\_\_Savaysa (edoxaban)

--It is ok for you to continue taking your Aspirin (all doses) and anti-inflammatory medications up until the day of the procedure.

--Take your blood pressure or seizure medicine with a small sip of water at your normal scheduled time or a minimum of one hour before arriving at the Endoscopy Center.

--If you use an inhaler, please bring it with you to your procedure.

--If you are a diabetic, please check with your diabetic specialist regarding whether to take your insulin or oral hypoglycemic medications. Please bring your insulin to your procedure.

--If you are a smoker, please abstain from smoking the day of your procedure.

### **General important information:**

PLEASE NOTE: You must have an adult accompany you the day of your procedure, even if you take a cab. The medical procedure staff must be able to contact whoever will accompany you. If this person cannot be confirmed prior to the procedure, your procedure will be rescheduled for your safety. • You should not drive a car, operate machinery, or make any legal decisions until the day after your procedure. • An Uber/Lyft is not an acceptable form of transportation unless you have someone accompany you.

--Bring your glasses to sign papers. (Do not wear contact lenses.) Leave all jewelry/valuables/money at home unless a deposit is required. Be prepared to wait, as some procedures take longer. Wear warm socks and comfortable clothing on the day of the procedure.

--In accordance with the ASGE and AGA guidelines antibiotic prophylaxis are not recommended for the endoscopies performed at South Plains Endoscopy Center, therefore it is not necessary for you to take any prior to your procedure.

### **FOUR DAYS BEFORE PROCEDURE** \_\_\_\_\_

1. If you are taking iron or fiber supplements, stop taking them now.
2. Stop eating corn and all seed products ( ie: Flax seed, Chia etc) until after your procedure.

### **DAY BEFORE PROCEDURE** \_\_\_\_\_

1. Start a clear liquid diet and continue clear liquids only throughout the day. Clear liquids allowed include: coffee, tea, soft drinks, water, clear fruit juices, bouillon, sport drinks, and Jello. Alcoholic beverages are allowed in moderation. **NO MILK PRODUCTS OR SOLID FOODS ALLOWED.** Drink at least 8 oz of water with your liquid breakfast and lunch. You may continue clear liquids during the day.
2. At 12:00 p.m. (noon) take the 3 Dulcolax pills. At 5:00 p.m. drink one full (10oz) bottle of Magnesium Citrate mixed with a cold, clear liquid of your choice. (If you become nauseated while drinking the prep, stop the prep, wait 30-60 minutes, and restart the prep drinking more slowly if needed. If unable to complete the prep, your procedure must be cancelled and rescheduled).
3. At 8:00 p.m. drink second full (10oz) bottle of Magnesium Citrate, again mixed with a cold, clear liquid of your choice.
4. **Nothing by mouth after midnight. No gum, mints or hard candy the day of procedure.**

### **DAY OF PROCEDURE**

---

Take your blood pressure or seizure medicine with a small sip of water.  
**NOTHING TO EAT OR DRINK UNTIL AFTER YOUR PROCEDURE.**