

Colonoscopy Instructions

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

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

Several days prior to the start of the prep, please purchase:

1 bottle - 510 gram of Miralax - Purchase over the counter from any pharmacy

Three Dulcolax Laxative Tablets--you may have to purchase a whole box

64 oz of Gatorade or 64 oz clear liquid of choice (water, apple juice, tea, etc)

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 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: