

# TEXAS★ENDOSCOPY

6405 W. Parker Rd, Suite 370 • Plano, Texas 75093 • 972-473-9900  
8080 Independence Parkway, Suite 160 • Plano, TX 75025 • 972-908-3000

**\*You MUST HAVE TRANSPORTATION from the facility by an adult family member or friend. No taxis, Uber, Lyft, or other public transportation, even no paid/non-paid medical transportation services. IF you do not have this transportation in place when you arrive you will be cancelled for your procedure(s).**

**\*For any questions regarding your Bowel Prep instructions, please call your physician's office:  
McKinney Office is 972-562-4430                      Plano Office is 972-.943-9094**

## Preparation Instructions for Flexible-Sigmoidoscopy

### 7 Days Prior to Procedure:

#### **MEDICATION INFORMATION:**

- **IF you are taking these medication on a weekly basis for weight loss you must stop these medication for 7 days prior to the date of your procedure:** Any semiglutide- Ozempic®, Wegovy®, Trulicity®, Bydureon®, Mounjaro®, Zepbound®. If you have not stopped these medications your procedure will be cancelled.
- **IF you are taking these medication a daily basis for Diabetes you must stop them the day prior to your procedure:** Rybelsus®, Victoza®, Saxenda®, Byetta®, Invokana®, Steglatro®, Farxiga®, Adlyxin®. If you have not stopped these medications your procedure will be cancelled
- **IF you are taking Plavix®, Coumadin® (Warfarin®), Lovenox®, Eliquis®, Brilinta® or any other prescribed blood thinner,** it's very important that you notify the nurse at your GI Physician's office for instructions as when to when to **STOP** this medication before your procedure (see numbers above).
- **IF you are taking a diet medication that contains the product PHENTERMINE® YOU MUST STOP THIS MEDICATION 4 DAYS PRIOR TO YOUR PROCEDURE**
- **IF you are taking 325mg Aspirin®,** switch to 81mg Aspirin® daily 7 days prior to your procedure and stay on this dose leading up to procedure. If you are already taking 81mg Aspirin®, **do not** stop prior to procedure unless specifically instructed by your GI physician or Physician prescribing this medication.
- **DO NOT eat NUTS and SEEDS** i.e. popcorn, strawberries, etc. for 7 days prior to procedure

### Prep Instructions for Flexible-Sigmoidoscopy

#### DAY BEFORE:

I. At 6:00pm you will be on an all-clear liquid ONLY diet.

- List of liquids: Tea, Black Coffee (no creamer), coke®, sprite®, diet sodas, chicken or beef Broth, Jell-O®, popsicles®, apple juice, cranberry juice (natural red), Gatorade®, Powerade®, and Water. Absolutely no RED Jell-O® or RED/ PURPLE products. No Orange Juice, Milk, or Milk Products.

#### DAY OF PROCEDURE:

1. 5 hours prior to procedure time
  - A. Mix 128g of Miralax with 32oz of water. Drink this over the next ONE hour
  - B. NOTHING by mouth 5 hours prior to your procedure.

Page 1 of 1

Revised 2/2024