

Colonoscopy Prep Instructions



**Jeff S. Bullock,
M.D.**



Questions?

Call
(210) 581-9291

SAGEC Medical Center
2833 Babcock Rd.,
Suite 100
San Antonio, TX 78229
(210) 271-0606

SAGEC Main
520 E. Euclid Ave.
San Antonio, TX 78212
(210) 271-0606

SAGEC North
150 E. Sonterra Blvd.,
Suite 250
San Antonio, TX 78258
(210) 271-0606

- NOTE: If you take any blood thinning medications such as Coumadin, Warfarin, Pradaxa, Plavix, have an artificial heart valve, or an allergy to Latex, please call (210) 581-9291 for instructions.
- Purchase at the grocery store or pharmacy: (OVER THE COUNTER) No prescription is required.
 - Dulcolax Laxative 5mg tablets. (You will be taking 4 tablets)
 - *Be sure to purchase the laxative tablets, NOT the stool softeners.*
 - Miralax 238 gram bottle.
 - Gatorade sports drink 64 oz. (NO RED, ORANGE OR PURPLE FLAVOR)
 - 1 (10oz) bottle of Magnesium Citrate. (CLEAR ONLY)

THREE DAYS BEFORE your procedure:

1. Stop all aspirin, aspirin products, blood thinners, anti-inflammatory medicines, vitamin E, and vitamins with iron. If you have any aches or pains, you may use Tylenol.
2. If you take any blood thinning medications such as Coumadin, Warfarin, Pradaxa, Plavix, have an artificial heart valve, or an allergy to Latex, please call (210) 581-9291 for instructions.

ONE DAY BEFORE your procedure:

1. You will have clear liquids all day. *Clear liquids include: popsicles, Jell-O, broth or bouillon, clear fruit juices, Gatorade, clear sodas, black coffee or tea. **Nothing red, orange, or purple in color, and no milk products. No alcoholic beverages allowed.*** Continue to drink fluids throughout the day to help keep you hydrated and feeling full.
2. **At 3:00 PM:** Take 4 Dulcolax 5mg tablets with a glass of water.
3. **At 5:00 PM:** Mix together half the bottle of Miralax with 32 oz. of Gatorade in a pitcher. Drink an 8 oz. glass of solution every 15 minutes until gone.
4. **At 6:30 PM:** Repeat with second half bottle of Miralax.
 - You may have bloating or cramping early, but this will improve once diarrhea begins.
 - Diarrhea usually continues for 1-2 hours after completing Miralax. Stay close to a bathroom once you start the prep. Use non-alcohol wipes to cleanse after bowel movements and a barrier cream such as A&D Ointment for chafing.

THE DAY OF your procedure:

1. Take your heart, blood pressure, asthma, and seizure heart medications the day of your procedure with a small sip of water. You may brush your teeth.
2. At (doctor specified time) on the day of the procedure, drink 1 (10oz.) bottle of Magnesium Citrate. Contact Dr. Bullock's office at (210) 581-9291 if time has not been specified
3. Please bring your insurance card(s), co-payment or deductible on the day of your procedure.
4. You must be accompanied by a friend/relative 18 years or older, even if you take public transportation or have rides provided by Medicare or Medicaid. Procedures will be rescheduled if transportation arrangements have not been made for your safe return home.
5. Please leave all valuables at home, as we cannot be responsible for the loss of your valuables.

Please contact Dr. Bullock's office 48 hours prior if cancellation or rescheduling of procedure is necessary.

