

Florida Medical Clinic – Joseph Cody, M.D.

Instructions for Colonoscopy

- Tell your Doctor if you have a Pacemaker or a Defibrillator\*

**Stop (7) seven days prior to your procedure: DIET pills**, or prescribed diet pills like **Phentermine**.

**Stop Anticoagulants/Anti-platelet agents prior to your procedure. Must confirm stop date with doctor.**

- **Stop 4 days prior: Coumadin/warfarin**
- **Stop 2 days prior: Eliquis/Xarelto/Pradaxa**
- **Stop 5-7 days prior: Plavix/Effient/Brilinta/Aspirin**
- **Stop 5 days prior: NSAIDS Non-steroidal anti-inflammatory drugs**
- **Stop 5 days prior: Vitamins: E, Ginko, Fish Oil, Multi vitamin, Iron**
- **Tylenol is okay to take.**

**Purchase Laxatives over the counter. (no prescription required).**

- Two (2) Bisacodyl tablets-(Dulcolax)- Laxative only.
- One (1) 238 gm (8.3oz) bottle-Miralax (powder)(this will be poured directly into the Gatorade/powerade bottle)
- One (1) 64oz bottle-Of either: Gatorade, Power-Ade, or Crystal Light (if Diabetic)
- NO-Red/Purple Color-flavors.

**On \_\_\_\_\_, Start clear liquid diet the day prior to procedure-**

- **NO Solid FOOD until after procedure.(Only clear liquids)**
- **If you are a Diabetic** it is okay to take your pills. However, if you take Insulin, take the a.m. dose as you usually do. (Same amount). TAKE only one-half (½) of your usual Night dose.
- **COMBINE the Miralax with the Gatorade** (or liquid you have chosen) together first thing in the morning the day before your procedure and then refrigerate.
- **Clear fluids include-** Drink plenty of clear liquids all day to avoid dehydration. water, apple juice, tea, white grape juice, sprite, 7up, ginger ale, lemon lime, Gatorade, lemonade, chicken or beef broth, Jell-O, Popsicles, or coffee with no cream or milk.
- **NO Red or Purple liquids. No dairy. No solid foods.**

**On \_\_\_\_\_, Follow laxative Instructions listed below day prior to procedure.**

- **3pm** Drink 8oz of Gatorade/Miralax mixture every 15 minutes (If bloating 20-25 min.) until the 64oz bottle is empty.
- **9pm-** Take two (2) Dulcolax tablets by mouth with 8oz of water.
- **Nothing by mouth after midnight until after your procedure.**

**\*\*If you do not follow the instructions listed above your procedure may be cancelled or rescheduled\*\***

**Please note: If you have an adverse reaction to the prep or the prep is incomplete, contact the on call physician at (813)280-7100.**

**On the day of the procedure:**

If necessary take blood pressure/Heart/Seizure medications 4 hours prior to your procedure with a small sip of water.

**Otherwise: Do not have anything by mouth prior to procedure: NO WATER, NO FOOD.**

\*\*\*You will be sedated so **PLEASE do not plan on doing any driving** on the day of your procedure. Therefore, someone (family member, neighbor, or friend) will need to bring you to the surgery center and take you home afterwards.-**NO** Uber, Lyft, Taxi, or any other form of public transportation. **NO EXCEPTIONS\*\*\***

\_\_\_ Florida Medical Clinic Surgery Center-14547 Bruce B Downs Blvd-Tampa FL. 33613\*Billing # 813-528-4848

\_\_\_ AdventHealth Hospital Tampa -3100 E Fletcher Ave. Tampa, FL 33613 Billing # 813-615-7848

\_\_\_ AdventHealth Hospital Wesley Chapel -2600 Bruce B Downs Blvd (behind Wiregrass Mall) Billing # 813-615-7848

\_\_\_ Brandon Surgery Center- 516 Vonderburg Dr. Brandon, FL 33511. (813) 699-1200 or (813) 654-7771

Procedure Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_.

Procedure or scheduling questions please call the Procedure Coordinators at (813) 280-7100. You will be RESPONSIBLE for a \$75 reschedule/cancellation fee if you do not give a '2' business day notice.