

TSS COLONOSCOPY INSTRUCTIONS  
TSS PRE-OP INSTRUCTIONS

BAYLOR SURGERY CENTER  
106 LUCAS STREET  
WAXAHACHIE, TEXAS 75165  
OFFICE PHONE: (972) 351-8535

\* Day surgery will call you to schedule your pre-operative appointment with you. This generally takes anywhere from 30 to 45 minutes.

BAYLOR SCOTT & WHITE HOSPITAL  
2400 NORTH I-H 35E  
WAXAHACHIE, TEXAS 75165  
DAY SURGERY: (469) 843-4285

DATE OF PROCEDURE: \_\_\_\_\_  
ARRIVAL TIME: \_\_\_\_\_

PRE-OP INSTRUCTIONS

1. Please be sure to stop any Aspirin or Blood Thinners 5 days before your procedure. Tylenol can be taken if needed.
2. You may not have anything to eat or drink after midnight the night before your procedure.
3. If you have insurance we will call to pre-certify your procedure.
4. Take all your medications in their appropriate containers for each with you to the hospital.
5. Your deposit of \$\_\_\_\_\_ is due in our office on or before \_\_\_\_\_. This is our estimate of your responsibility for the surgeon's charges and does not include the hospital, anesthesia, or any other provider charges.

Waxahachie Anesthesia Consultants: 972-937-7240

Hospital estimates: 844-825-0002

OUTPATIENT COLONOSCOPY INSTRUCTIONS:  
DULCOLAX & MIRALAX PREP:

PURCHASE FROM YOUR PHARMACY: YOU DO NOT NEED A PRESCRIPTION TO PURCHASE ANY OF THESE ITEMS. THEY ARE ALL SOLD OVER THE COUNTER:

TWO (2) DULCOLAX LAXATIVE TABLETS  
ONE (1) 238 GRAM BOTTLE OF MIRALAX POWDER  
ONE (1) 64 OUNCE BOTTLE OF GATORADE (NO RED OR PURPLE)

DAY BEFORE THE PROCEDURE:

DATE: \_\_\_\_\_

**Drink only clear liquids for breakfast, lunch, and dinner.** Solid foods, milk, or milk products are not allowed. Clear liquids include all of the following that are **NOT COLORED RED OR PURPLE:**  
*All other colors including pink and blue are okay!!*

Strained fruit juices without pulp (apple, white, grape, lemonade), carbonated and non-carbonated soft drinks, Kool-Aide (or other fruit flavored drinks), plain Jell-O (without added fruit or toppings), ice popsicles, clear broth, black coffee without cream and tea.

PREP SCHEDULE:

\*BREAKFAST ----- Only clear liquids

\*LUNCH ----- Only clear liquids

\*DINNER ----- Only clear liquids

**BEGINNING AT 12 NOON –**

**Take the 2 Dulcolax tablets. (Please keep in mind that the cleansing process will take 4 to 8 hours or longer, so plan your schedule accordingly)**

**TWO HOURS AFTER TAKING THE DULCOLAX TABLETS – AT 2:00 PM**

Mix the 238 gram bottle of Miralax in the 64 ounces of Gatorade. SHAKE UNTIL THE MIRALAX IS DISSOLVED. Drink 8 ounces of the mixture every 15-30 minutes until the entire solution is gone. (If you become nauseated from the Miralax, stop and restart in about an hour)  
Continue to drink clear liquids until midnight.

**AFTER MIDNIGHT: NOTHING MORE TO EAT OR DRINK –** It is very important that the liquid stools be clear, or else your doctor will not be able to see the walls of your colon, where abnormalities may be hidden.

DAY OF THE EXAMINATION:

DATE: \_\_\_\_\_

You may take any heart, blood pressure, or acid reflux medications just before you come with just a sip of water. If you take iron, aspirin, blood thinners, or insulin, you will receive special instructions regarding the taking of these medications.

1. Please leave ALL valuables at home. (jewelry, money, etc.)
2. Report to the registration desk at \_\_\_\_\_ am/pm to register for your procedure. Bring your insurance information and cards with you. This will be done one hour before the test is to be done to allow time to prepare you for the exam.
3. An IV will be started in the hand or arm for administration of sedative for the exam.
4. Monitors will be attached for monitoring your heart rate and vital signs. This is not uncomfortable or painful to you.
5. The procedure will begin when your doctor arrives in the unit ready to begin.

AFTER THE PROCEDURE:

1. Have a companion accompany you or arrange for someone to pick you up. You will not be able to safely drive home due to sedation given to you during the colonoscopy.
2. You will be taken from the procedure room to recovery area where you will be watched until the sedation has worn off and you are stable enough to function at home safely. You cannot drive a car, drink alcohol, or take care of a dependent person such as a child, for 24 hours after the examination. The sedation will usually wear off in 1-2 hours after the exam and you can be dismissed to go home.
3. The nurse in the recovery area will escort you to the car in a wheelchair.
4. *If you have any questions, please call our office at 469-800-9830*

Feel free to call 10 days after your procedure to see if results are in. You may also opt to schedule a follow up appointment to go over your results in more detail with the surgeon. Results will be posted to MyChart, patient portal as soon as they are received. If you have not yet signed up for the patient portal – please do so by accepting the email invitation link you receive from our office. If you have not received an invitation – you may call (888) 670-9775 to get registered.