



Texas Digestive Disease Consultants

powered by GI Alliance

Ph#972-562-4430 Fx#972-529-2763

Oswaldo Fajardo, M.D., Rajesh Putcha, M.D., Gabriel Rendon, M.D., Tanya Evans, M.D., Sony Mathews, M.D., Khoi Lang, PA-C, Alex Lovell, PA-C, Eric Carandang, PA-C

Procedure Date and Time: _____

Arrival Time: _____

Facility: _____ (see MAP)

Do NOT eat ANY nuts, seeds, or popcorn one week prior to your procedure

** If you are taking Plavix, Coumadin (Warfarin), Lovenox or any other prescribed blood thinners, it is very important that you notify the nurse for instructions as to when to STOP these medications prior to your procedure. If you are taking 325MG Aspirin, switch to 81MG daily 7 days prior to your procedure & stay on this leading up to the procedure

Prep Instructions for Flexible Sigmoidoscopy

Instructions:

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: 5 hours prior to procedure time

II. At _____AM/PM mix 128g of MiraLAX with 32oz of water. Drink this over the next ONE hour

III. NOTHING by mouth 5 hours prior to your procedure.