

Colonoscopy Instructions

Report to Abilene Endoscopy Center 30 minutes to 1 hour before your scheduled appointment time.

We will send you an instruction packet with your appointment information, a prescription for Moviprep or NuLYTELY bowel prep, a clear liquid diet and instructions/information for your colonoscopy.

Depending on your medical history, your nurse will instruct you to take Dulcolax laxative tablets or Miralax two to five days before your colonoscopy. You may also be instructed to take 10 oz of Magnesium Citrate one day before your colonoscopy. Dulcolax, Miralax, and Magnesium Citrate are available over-the-counter.

You will start a clear liquid diet one to two days before your procedure. It is very important to stay well hydrated. Drink as much of the approved liquids as you can tolerate until the midnight before your procedure. Do not eat or drink anything after midnight except morning medications or unless specified by your prep.

Start the Moviprep or NuLYTELY the day before your colonoscopy. Follow the instructions in your packet.

You may take your morning medications (blood pressure, heart, and asthma medications) 2 hours before your colonoscopy with a small amount of water. No Insulin.

Important Reminders

In most cases, we will ask you to discontinue blood thinners (Plavix, Coumadin, Aspirin, NSAIDS) 5 days prior to your colonoscopy. However, your individual medical history may dictate otherwise. Your Cardiologist (Primary Physician) will assist in this process.

Stop iron pills and multivitamins with iron 3 days before your colonoscopy.

Bring your insurance cards and drivers license/proof of ID.

Bring a list of medications/doses you are currently taking.

You will not be able to drive for the remainder of the day after your procedure, so please bring someone to drive you home.

If a biopsy is taken or a polyp is removed, we will call you with results in 5 -7 days. You can also call our office at 677-2626.