

Bay Area Advanced Gastroenterology Care

Ramesh N. Ashwath, MD, FACC

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Board Certified in Gastroenterology

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Phone: 813-600-5423

Two Day Colonoscopy Bowel Prep

You will need to purchase the following for your colonoscopy at any pharmacy/grocery:

1. 2 bottles of **Miralax 238 grams**
2. Four(4) **5mg Dulcolax (bisacodyl)** laxative tablets

Five (5) days prior to your colonoscopy: _____

- Stop eating raw vegetables, Beans, corn, nuts, rice, and seeds.
- Limit breads, bran, grain and oatmeal
- Stop taking Coumadin, Warfarin, Plavix, Lovenox, Aggranox, Vitamin E, fish oil, and iron supplements.

Note: If you are taking blood thinners, you must obtain permission in advance from your prescribing physician to discontinue.

Two Days before your Colonoscopy: _____

- 12:00 pm take 4 caps (packets) of Miralax diluted into 32 oz liquid of choice.
- At 6:00 pm take 4 caps (packets) of miralax diluted into 32 oz liquid of choice.

The day before your colonoscopy: _____

- Upon waking up, begin your **STRICT CLEAR LIQUID DIET**. This includes coffee or tea without milk, strained fruit juices without pulp such as apple juice, white grape juice, white cranberry juice, lemonade, Kool-Aid, Tang, Hi-C, and Crystal Light. Soft drinks, plain Jell-O, popsicles, clear soup broth, or bouillon. **(Nothing Red or Purple)**
- At 12:00 noon: Take all 4 Dulcolax tablets
- At 1:00 PM: Mix seven capfuls (17 grams each) of Miralax into 32 oz. liquid. Sip the entire amount over 1-2 hours.
- At 6:00 PM: Mix seven capfuls (17 grams each) of Miralax into 32 oz. liquid. Sip the entire amount over 1-2 hours.
- **If your bowel movements are not cleared by the end of the day, take the other half of Miralax as directed in the “two days before...”. Nothing to eat or drink after midnight. No water four hours before.**

MEDICATIONS:

- You may take heart medications, blood pressure pills, and thyroid pills with a small sip of water **before 6 AM**
- Do not take any water pills, diabetic medication, or insulin (take diabetic medications with you to the facility)
- STOP PHENTERMINE 14 DAYS PRIOR PROCEDURE
- If you are Ozempic or equivalent weight loss injectable it has to be stopped 2 weeks before the procedure, if you are unable, discuss this with your GI team .
- Marijuana and tobacco products should be stopped two weeks prior to procedure.

You are scheduled with the following physician :

[] Dr Ramesh Ashwath

[] Dr Arthi Sanjeevi

at the following facility:

- Brandon Surgery Center** - 516 Vonderburg Drive, Brandon, FL 33511 (813) 654-7771
Please Pre-register at - www.brandonsurgerycenter.com
- St. Joseph's Hospital** - 6901 S. Simmons Loop, Riverview, FL 33578 (813) 302-8000
- Carrollwood Adventhealth Hospital** -7171 N Dale Mabry Hwy, Tampa FL 33614
- AventHealth Surgery Center Wellswood** -5013 N Armenia Ave, Tampa, FL 33603

If you have any questions regarding your procedure, please call the office at: 813-600-5423

***** FACILITIES WILL CALL YOU THE DAY BEFORE YOUR PROCEDURE WITH
ARRIVAL TIME*****

PLEASE CALL OFFICE AT LEAST 7 DAYS IN ADVANCE TO AVOID \$75 CANCELATION FEE per Procedure