

Bay Area Advanced Gastroenterology Care

Ramesh N. Ashwath, MD, FACC

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Board Certified in Gastroenterology

1130 Kyle Wood Lane Brandon, FL 33511

10004 N. Dale Mabry Hwy, Suite 101, Tampa, FL. 33618

Phone: 813-600-5423

Colonoscopy Bowel Prep

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

1. One bottle of **MiraLAX** 238 grams
2. Four 5mg **Dulcolax (bisacodyl)** laxative tablets
3. 64 oz of clear liquid of choice (Nothing Red or Purple)

Five (5) days prior to your colonoscopy:

- Limit raw vegetables, beans, corn, nuts, seeds, breads, bran, grain, rice and oatmeal.
- You can take low dose or baby aspirin (81mg), any dose higher must be stopped.
- 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 (Cardiologist or primary care provider) to discontinue.

The day before your colonoscopy:

- Upon waking up, begin a **STRICT CLEAR LIQUID DIET/NO SOLIDS (NOTHING RED OR PURPLE)**. 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.
- If you are taking **diabetic medication, take only half of the regular dose**. Blood pressure and thyroid medication can be taken as normal.
- **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.

NOTE: IF YOUR BOWEL MOVEMENTS ARE NOT COMPLETELY CLEAR AFTER THE SECOND DOSE OF MIRALAX, TAKE MIRALAX UNTIL COMPLETELY CLEAR.

The day of your colonoscopy: _____

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
- Marijuana and tobacco products should be stopped two weeks prior to procedure.

TRANSPORT:

- Please arrange for transportation to and from the facility. Due to sedation medication, you cannot drive yourself home. **IF** medical transportation is provided **YOU MUST** have someone accompanying you at all times.

You are scheduled 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 AventHealth**

FOR CANCELLATIONS/RESCHEDULES: PLEASE CALL OUR OFFICE AT LEAST 7 DAYS IN ADVANCE TO AVOID A \$75 CANCELLATION FEE.

THANK YOU IN ADVANCE!

****BayArea Advanced Gastroenterology Care has physician partnership at Brandon Surgery Center****

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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*****

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