

Your colonoscopy is scheduled for: _____

Please check in at: _____ Procedure time: _____

Location:

Digestive Health Center of Plano (Preston Crossing)
3500 Preston Road
Plano, TX 75093
(972) 985-2300

Medical City Plano Outpatient Endoscopy
3901 W 15th Street
Plano, TX 75075
972-519-1148

Medical Instruction

If you are taking any blood thinners, it is important to let our staff know so your dosing schedule can be adjusted appropriately.

If you take blood pressure, heart or seizure medication in the morning you may take it the morning of your procedure with a small sip of water.

On the day of your procedure, DO NOT take your diabetes medications until AFTER your procedure.

No tobacco products, gum, mints or candy the morning of your procedure.

Helpful Reminders

Please fill out enclosed forms and bring them alongside your ID, insurance card and current list of medications the day of your colonoscopy.

You will be sedated for your procedure and will need a driver to take you home.

You will not be able to drive or work for the rest of the day.

If you have any questions or concerns, please call the office at 972.867.0019.



Instructions for Colonoscopy

Order your Happy Colon Foods kit at least **FIVE DAYS** prior to your procedure.

Provider code: **TXSA23** Kit type: Food only

TO ORDER: Visit HappyColonFoods.com, click "Order Now" at the top of the page and follow the steps to order your kit. Prefer to place your order by phone? Give them a call at **855.423.6637**.

The day before you prep, follow the "foods to avoid" guidelines in the kit's instruction booklet.

Begin your prep in the morning the day before your colonoscopy. While prepping, eat only the foods in the kit. Do not substitute or change the order, or add any additional foods.