

The Direct Screen Colonoscopy Program offered by Dr. L.A. Torres, Jr., is a patient-centered, hassle-free approach to colon screening. It allows you to be scheduled, educated and screened without having to have an in-office consult with a physician. This saves you time and money while still maintaining your access to the highest quality physician, staff and equipment.

A colonoscopy is a simple, diagnostic test that allows your physician to examine the entire colon. Using a flexible instrument called a colonoscope, the physician will be able to guide a small light and camera through your colon and perform a thorough examination. You will be comfortably sedated during the procedure which typically takes about 30 minutes. Most patients report a positive experience and are able to return to regular activities and diet the next day.

Colon cancer screening is one of the most important things you can do for yourself or your loved ones. The evidence is clear—screening for colon cancer saves lives. The American Cancer Society estimates that more than 49,000 Americans died from colon cancer in 2011 and ranks it the No. 3 cancer killer in the United States among men and women.

Colorectal cancer is highly preventable and has a high cure rate if caught early.



Dr. L.A. Torres Jr., Board Certified Internist and native Texan, believes in taking care of his patients needs by utilizing a comprehensive approach for enduring health care. He was taught to treat the 'whole' patient and has applied that philosophy to his practice for over 20 years, significantly reducing the fragmentation of health care services to his patients. Dr. Torres blends the most researched aspects of traditional and natural medicine, providing his patients with the right solutions for their medical needs and overall goals for a healthier, happy life.

In regards to experience and safety, Dr. Torres has been providing thousands of colonoscopies and endoscopies successfully since 1989 in the North Texas area.



**L.A. Torres Jr., M.D., F.A.C.P.**

*Enduring health care for the whole adult patient*

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**Direct Screen Colonoscopy Program**



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It is important for the bowel to be completely cleaned out prior to having a colonoscopy. This will allow your physician to clearly view the walls of the colon and provide the highest quality diagnostic results. The bowel prep requires temporary dietary changes and medications and is typically started one day before the procedure. A nurse will phone you and review the bowel prep instructions prior to the procedure.

## Preparations for your screening

Approximately one week prior to your screening colonoscopy, you will receive an important phone call from our pre-op nurse. During this call, the nurse will take your medical history, answer any questions that you may have and determine which prep is right for you. Keep this brochure handy so you can follow the preparation instructions step by step.

An important note for all patients: Many medications can thin the blood. These include aspirin, Ascriptin, Ecotrin, Bufferin, Excedrin, NSAIDs such as Ibuprofen, Motrin, Advil, Naprosyn, Naproxen, Aleve, and prescription medications such as Plavix (clopidogrel), Pradaxa, and Coumadin (Warfarin). The pre-op nurse will advise you whether or not to stop these medications prior to your exam. Be sure to have a complete list of your medications available when speaking with the nurse.

If you take diabetic medications, the **day before your procedure**, take only half of the prescribed dosage and **on the day of your procedure**, do not take any at all. If you are on high blood pressure medication, please continue to take your medication as prescribed even on the morning of the procedure.

## You Will Need

- Filled prescription of Promethazine
- One 15 serving bottle of Miralax
- One half gallon of Gatorade any of the flavors but red
- Four (4) Dulcolax tablets
- One 10 oz bottle of Magnesium Citrate – No cherry flavor

## PREPARATION BEGINS THE DAY BEFORE YOUR PROCEDURE

Begin a clear liquid diet from the time you wake up in the morning. Soft drinks, broth, bouillon, Jell-O, popsicles, apple juice, white cranberry juice are allowed but nothing red is allowed.

At 3:00 pm on the day before your procedure take (4) Dulcolax tablets and one Promethazine with a small glass of Gatorade.

At 5:00 pm mix the entire bottle of Miramax with the Gatorade and shake the solution until the powder is dissolved.

Begin drinking one 8oz glass of the Gatorade/Miramax mixture every 15 minutes until the solution is finished. The Promethazine may be taken every 4-6 hours as needed if you have nausea.

Your stool should be clear yellow with minimal sediment two hours after completing the prep. If it is not, drink the bottle of Magnesium Citrate.

Continue clear liquids until bedtime.

On the day of your procedure, do not eat or drink anything six (6) hours prior to your procedure.

You must arrange for a responsible adult to pick you up and you may not drive for the rest of the day.

Should you have any questions or concerns, please call our office at 214-919-2350 and we will be happy to assist you.

## Your procedure is scheduled on \_\_\_\_\_

Baylor Surgicare at Plano  
1701 Ohio Drive  
Plano, TX 75093

Medical Center of Plano  
3901 W. 15th St.  
Plano, TX 75075

Dr. Torres' staff will let you know location where your procedure will be done. Please be sure to circle the correct location during your pre-op call.

Check in time is \_\_\_\_\_