

BOARD CERTIFIED

**Anna M. TOKER, MD**  
SPECIALIZING IN ROBOTIC COLO-RECTAL SURGERY



3150 E. Broad St, Suite 100, Mansfield, TX 76063 214.942.3740

**"I have spent a lifetime mastering the art of surgery and now it is time for an individualized approach to medicine. We have an automated phone system and a small personable staff. I know this system is unorthodox, but it allows us to get to know everyone individually and allows me to spend more time with each patient in a one-on-one environment."**

## Elite ColoRectal Surgery for Mansfield and Midlothian

Dr. Anna Toker is a full-service colorectal surgeon in Mansfield and Midlothian, focusing on robotic approaches to colorectal surgery and offering sacral nerve stimulation for fecal incontinence.

# Colonoscopy

## Instructions for the prep and procedure

**Step 1)** day before surgery you may eat a small breakfast, then start a clear liquid diet at 9 AM. You will stay on this clear liquid diet until 4 hours prior to your procedure (please discuss your routine medications with Dr. Toker in regards to how to take those)

**Step 2)** the day before the procedure you will drink your prep with the first dose at 3 PM and the second dose at 7 PM (this is different than what the published instructions on the box tell you to do)

**Step 3)** nothing by mouth for 4 hours before the procedure

**Step 4)** come to facility 2 hours early and someone will have to drive you home

**Step 5)** after the procedure you may resume a normal diet but can not operate machinery or drive for 24 hours

Your colonoscopy is scheduled and this should be visible in your list of upcoming appointments including the location of service. Please let us know at least 3 days ahead of time if you have to change this appointment.

The prescription for your prep was sent to the pharmacy. Some insurances will deny the prescription I have written. If the cost is expensive for you, you can choose to do a miralax prep instead. You will need 2 large bottles of miralax powder. Starting at 3 PM mix a full capful of miralax powder in 8 OZ of a clear liquid of your choice (not red or purple). Then repeat this dosage (full cap of powder in a full glass of clear liquid) every 15 minutes until you are passing clear fluid per rectum. (it will look like apple juice). Once clear, you can stop drinking the doses. Remain on a clear liquid until 4 hours prior to the procedure.

Video Reminder on instructions for these instructions are at [www.drroker.com](http://www.drroker.com) under the colonoscopy page.

**For any urgent issues call or text 214-942-3740. (Text is not HIPPA compliant-do not give financial information by this method)**

**Prep Date:** \_\_\_\_\_

**Procedure Date:** \_\_\_\_\_

**Location:** \_\_\_\_\_