



COLONOSCOPY INSTRUCTION SHEET

Your procedure is going to be scheduled at one of the following facilities:

- Physicians Endoscopy Center (PEC),**
- The Methodist Hospital Katy, or**
- Memorial Hermann at Memorial City.**

Please make sure you are going to the right facility.

The results of this test depend on your colon being carefully cleansed and emptied. Feces (stool) in the colon can hide disease and tumors that may be present. Please follow these instructions as carefully as possible; otherwise, the exam may be inaccurate or need to be repeated.

You will be receiving sedation for your procedure. Therefore, you must have a responsible adult available to take you home after the procedure. If you do not have someone available to drive you home, your procedure will be rescheduled.

If you are taking any blood thinners (for example: Plavix, Coumadin, Warfarin, Xarelto, Eliquis, Effient, Pradaxa, Brilinta etc.) or diabetic medications, please call our office immediately to discuss how to manage your medications. You will likely have to stop the blood thinners on the advice of your prescribing physician. Your doctor will tell you how long it would need to be held before and after the procedure. Unless otherwise instructed, **DO NOT** stop your baby aspirin (81 mg).

Additional information: <http://patients.gi.org/topics/colonoscopy>

Additional information: <http://patients.gi.org/topics/sedation-for-endoscopy>

Should you have any other questions or concerns, please contact our office at (713) 461-1026.

7 DAYS BEFORE THE PROCEDURE:

- Arrange an escort for transportation after the procedure. You will be given anesthesia, so you cannot drive a car or take a bus/taxi home.
- Stop taking iron supplements, vitamin E, ginkgo, garlic and fish oil, fiber supplements (Metamucil, Citrucel, Fibercon etc.).

3 DAYS BEFORE THE PROCEDURE:

WWW.GIDOCES.COM

915 Gessner Road, Suite 850 Houston, Texas 77024 18400 Katy Freeway, Suite 420 Houston, Texas 77094
PHONE 713-461-1026 | FAX 713-461-4358

- Confirm your escort for transportation.
- If you need to cancel or reschedule the procedure, please call our office immediately.
- Review the diet you need to follow for the next 2 days and plan your meals accordingly.

2 DAYS BEFORE THE PROCEDURE:

- Drink at least 8 glasses of water throughout the day.
- Stop eating seeds, popcorn, nuts and whole grains.
- Start a low residue diet. Allowed: soup, fish, chicken, eggs, white rice, white bread, crackers, plain yogurt, pasta, potato with no skin, gelatin, broth, bouillon, all liquids. Avoid: fresh/dried fruit, raw vegetables or those with seeds, corn, whole grain bread, raisins, cloves, any other meat besides what is listed above.

ONE (1) DAY BEFORE THE PROCEDURE:

START A CLEAR LIQUID DIET. NO SOLID FOODS

If you put a liquid in a clear glass, and you can see through it, it is probably safe to drink. A clear liquid diet can include:

- Apple, white grape and white cranberry juices.
- Clear beef or chicken broths, without solid pieces of food in it.
- Tea or coffee without milk.
- Clear sodas, Gatorade, Kool-Aid (no red colors).
- Popsicles, various Jello flavors (no red colors).

AVOID:

- Red and purple coloring in any of the beverages that you drink.
- Juices with pulp.
- Milk, cream, ice cream, and all solid foods.

EVENING BEFORE THE COLONOSCOPY:

Start the laxative bowel prep.

- The prep will consist of two separate doses.

WWW.GIDOC.S.COM

915 Gessner Road, Suite 850 Houston, Texas 77024 18400 Katy Freeway, Suite 420 Houston, Texas 77094
PHONE 713-461-1026 | FAX 713-461-4358

- Drink the first dose/bottle around 4 PM the evening before the colonoscopy followed by 16 oz of clear liquid. You may continue clear liquids for the rest of the day.

-If your procedure is scheduled for the morning, drink the second dose at 10 PM followed by 16 oz of clear liquid.

-If your procedure is scheduled for the afternoon, drink the second dose at 6 AM the morning of the procedure followed by 16 oz of clear liquid.

YOU MUST HAVE NOTHING BY MOUTH 4 HOURS BEFORE THE PROCEDURE TIME.

THE DAY OF YOUR PROCEDURE:

- You may take important medications (like heart or blood pressure meds etc.) with a small sip of water on the morning of your procedure at least 4 hours before the procedure time.
- If you are on Insulin, do not take your morning dose on the day of the procedure.
- Bring a complete list of all your medications with you to the endoscopy center.
- Wear comfortable clothing. Please leave all your jewelry and valuables at home.

HELPFUL TIPS:

- Some people develop nausea or vomiting during the bowel prep. The best remedy for this is to take a break from drinking the solution for about 30 minutes and then resume.
- Walking between drinking each glass can help with the bloating.
- Use baby wipes instead of toilet paper.
- Apply some Vaseline or Desitin to the anal area prior to starting the laxative prep and re-apply as needed.
- Remain close to toilet facilities as multiple bowel movements may occur.
- If you are diabetic, use sugar-free drinks during the prep and monitor your blood sugar.

WWW.GIDOCES.COM

915 Gessner Road, Suite 850 Houston, Texas 77024 18400 Katy Freeway, Suite 420 Houston, Texas 77094
PHONE 713-461-1026 | FAX 713-461-4358