

COLONOSCOPY PREPARATION INSTRUCTIONS

DATE OF PROCEDURE: _____ ARRIVE AT: _____

PROCEDURE TIME: _____

___ Memorial City Hosp: 920 Frostwood Dr., Out-patient Registration (West) Lobby

___ Methodist West Hosp: 18500 Katy Freeway, Houston, TX, 77094, Main Entrance

___ Physicians Endoscopy Center (PEC): 3030 S. Gessner rd, suite 150., Houston Tx 77063

*** You may pre-register @ <https://www.onemedicalpassport.com/?fid=164> ***

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

Please read 1 week prior to the procedure and follow all instructions written below. Do NOT follow instructions written on the bowel preparation kit.

Bowel Preparation:

The bowel must be clean so that the physician can clearly view the colon. It is very important that you read and follow all of the instructions given to you for your bowel preparation well in advance of the procedure. Without proper preparation, the colonoscopy will not be successful, and the test may have to be repeated.

One (1) Day before Procedure:

You may have **CLEAR LIQUIDS ONLY** (see below), **NO SOLID FOODS**

(1st Dose) At 4:00 PM drink the first bottle of the bowel preparation within one hour then drink 16 oz of clear liquids. You may continue clear liquids only for the rest of the day.

IF YOUR PROCEDURE IS SCHEDULED FOR NOON OR EARLIER:

(2nd Dose) At 10:00 PM drink the second bottle of the bowel preparation within one hour and then drink 16oz of clear liquids.

IF YOUR PROCEDURE IS SCHEDULED FOR AFTER NOON.

(2nd Dose) At 6:00 AM the morning of the procedure, drink the second bottle of the bowel preparation within one hour then drink 16 oz. of clear liquids.

ONLY THE PREPARATION IS PERMITTED 4 HOURS BEFORE YOUR SCHEDULED TIME. DO NOT TAKE ANYTHING BY MOUTH 4 HOURS PRIOR TO THE PROCEDURE.

The morning of the examination you should take any necessary medicines (heart, blood pressure, and seizure) with sips of water at least 4 hours before procedure, unless instructed otherwise by your physician.

You must have nothing by mouth for 4 hours before the procedure.

Transportation:

Due to possible lingering effects from the sedation, you cannot drive for the remainder of the day following your procedure, and therefore, you must have a ride home. For your own safety you will not be discharged unless a responsible adult, over the age of 18, is present to either drive you home or accompany you in a taxi or public transportation.

A car service/taxi alone is not adequate.

Clear Liquids: Water, broth, bouillon, apple juice, white grape juice, white cranberry juice, Jell-O (yellow or green), Sprite, Coffee & Tea without milk or creamer, Sports drink, Gatorade, Kool Aid (NOT RED), Italian Ice (NOT RED). NO ALCOHOLIC beverages the day before nor the day of your colonoscopy.