

DIGESTIVE AND LIVER SPECIALISTS

GENERAL IMPORTANT INFORMATION REGARDING YOUR PROCEDURE

ONE WEEK before exam: If you take blood thinners such as Coumadin, Eliquis, Aggrenox, or Plavix, or diabetes medicines such as insulin please notify our office for specific instructions. It will be necessary for you to contact the physician who prescribes your blood thinners such as Coumadin, Eliquis, Aggrenox, Xarelto, Pradaxa, Agrylin, Pletal, Plavix, Savaysa, Brilanta and Effient to obtain clearance to discontinue medication.

Four Days before your exam make these changes: Continue your medicines as usual, except for blood thinners as listed above. Avoid the following foods: corn, peas, lima beans, large hard seeds such as grape seeds, and nuts. Eating these foods may compromise your examination and make the colonoscopy less accurate.

The day of your exam: Take your heart and or blood pressure medicines with a small sip of water. Do not take diuretics (water pills) unless they are a combined pill with your blood pressure medicine.

A responsible adult must take you home. Taking the bus, Metro, or taxi alone is NOT permitted. For the remainder of the day, you may not drink alcohol, make legal decisions, or use hazardous equipment. This means that you absolutely may NOT drive a car, even though in your opinion you are safe to do so. Remember, your judgement and coordination are impaired. DO NOT wear any jewelry or take any valuables to your procedures as the facility is not liable for lost belongings.

TAKE NOTHING BY MOUTH 4 HOURS PRIOR TO YOUR PROCEDURE (INCLUDING WATER). DOING SO MAY RESULT IN YOUR PROCEDURE BEING DELAYED OR CANCELLED.

After your exam: It is not unusual for you to have some cramping after the exam. Passing gas will relieve this and you should feel normal. It would be abnormal for you to experience the following: fever, bleeding, vomiting, or abdominal pain. Please call our office number if you experience these symptoms within 7-10 days after your procedure.

Cancellation Fees: As stated in our financial policy, a reminder that if you cancel, or reschedule within 24 hours of your procedure, OR do not show up for your procedure you will be **subject to a fee of \$150** which will be applied to your account.

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. **Absolutely NO liquids** must be consumed 4 hours prior to the procedure. **DO NOT** chew tobacco, or smoke at least 6 hours prior to the procedure.

To obtain results of your exam:

- 1) The doctor will speak with you and your designated agent following the procedure.
- 2) If you had biopsies of any type (tissue or polyp) your results will be mailed to you in 2-3 weeks.

SuFlave Colonoscopy Preparation Instructions

DIGESTIVE AND LIVER SPECIALISTS

DATE OF PROCEDURE: _____ ARRIVE AT: _____

PROCEDURE TIME: _____

___ Memorial City Hosp: 920 Frostwood Dr., Digestive Health Center

___ 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> ***

Patients with Chronic constipation will need to take 4 tablespoons of Milk Magnesia at bedtime 2 nights prior to your exam.

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.

DAY BEFORE EXAM:

You may have NO solid food, only clear liquids that are not red or purple. You may have water, soft drinks (COKE, Sprite, Ginger-ale, etc.), bouillon, clear broth, apple or white grape juice, black coffee or tea (no creamers or milk products), Popsicles, Jell-O, and Kool-Aid, Gatorade, white cranberry juice. Unlimited amounts of regular Ensure or Boost (no strawberry flavor) may also be consumed prior to starting SuFlave Prep.

DOSE 1 – ON THE DAY PRIOR TO COLONOSCOPY:

Between 4:00 and 7:00pm, STEP 1 – Open 1 flavor enhancing packet and pour the contents into 1 bottle.

STEP 2 – Fill the provided bottle with lukewarm water up to the fill line. After capping the bottle, gently shake the bottle until all powder has mixed well (dissolved). For best taste, refrigerate the solution for an hour before drinking. DO NOT freeze. Use within 24hrs. **STEP 3** – Drink 8oz of solution every 15minutes until the bottle is empty. **STEP 4** – Drink an additional 16oz of water during the evening.

IMPORTANT – If nausea, bloating, or abdominal cramping occurs, pause or slow the rate of drinking the solution and additional water until symptoms diminish.

DOSE 2 – DAY OF COLONOSCOPY: NOTHING TO EAT OR DRINK

Five hours before leaving your home, STEP 1 – Repeat **STEP 1** to **STEP 3** from Dose 1. **STEP 2** – Drink an additional 16oz of water during the morning.

YOU MUST COMPLETE THE WHOLE PREP AND THE REQUIRED WATER AT LEAST 4 HOURS BEFORE YOUR COLONOSCOPY. DO NOT DRINK ANYTHING (INCLUDING WATER) AFTER COMPLETING YOUR PREP!

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