

**COLONOSCOPY BOWEL PREP INSTRUCTIONS**  
**(Suprep, Plenvu, Clenpiq, Moviprep, Golytely, Sutab, Suflave)**

DATE OF PROCEDURE: \_\_\_\_\_ PHYSICIAN: \_\_\_\_\_

ARRIVAL TIME: \_\_\_\_\_ PROCEDURE TIME: \_\_\_\_\_

**\*\*Please note your procedure time and date is subject to change\*\***

\_\_\_ Memorial City Hosp: 920 Frostwood Dr., Digestive Health Center, Phone Number: 713-242-4300

\_\_\_ Physicians Endoscopy Center (PEC): 3030 S. Gessner Rd, suite 150., Houston Tx 77063  
Phone Number: 713-587-0909

\*\*\* You must pre-register at <https://www.onemedicalpassport.com/?fid=164> \*\*\*

\_\_\_ Memorial Village Surgery Center: 1120 Business Center Dr, Suite 110., Houston Tx 77043  
Phone Number: 713-337-1111

\*\*\* You must preregister at [www.mhsc-mv.com](http://www.mhsc-mv.com) under online clinical history. \*\*\*

**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 the following 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.

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

**YOU MUST HAVE NO SOLID FOOD THE DAY BEFORE YOUR COLONOSCOPY!**

**Scan the QR code for video instructions on how to prepare for your colonoscopy and access common frequently asked questions here.**



## Colonoscopy Prep Checklist

Put this document in an easy-to-see place and follow along as you prep for your colonoscopy. Questions? Call us at [713-461-1026](tel:713-461-1026) or visit <https://www.gidocs.com/>

\* If you are on a GLP-1 medication such as Ozempic, Wegovy, Mounjaro, or like medications, please make sure to follow the additional instructions provided by our office to withhold your medication.

\* If you are on a SGLT-2 Inhibitor medication such as Jardiance, Farxiga, or like medications, please make sure to follow the additional instructions provided by our office to withhold your medication.

**ONE WEEK Prior to Colonoscopy:** If you take blood thinners such as Coumadin, Eliquis, Aggrenox or Plavix or diabetes medication 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 to obtain clearance to discontinue the medication. You must follow their instructions to stop the medication exactly as written.

- Pick up bowel prep prescription from pharmacy.
- Arrange a responsible driver for your procedure who will be able to drive you home. **We require a responsible adult driver. If they cannot be confirmed when you arrive, we will NOT provide sedation, and your procedure may be rescheduled. Taxi or Uber transportation will NOT be accepted for safety.**

**Four Days prior to your colonoscopy make these changes:** Continue your medicines as usual, except 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.

**Day Prior to Colonoscopy:** Starting in the morning you may have **CLEAR LIQUIDS ONLY, NO SOLID FOODS**

- Have only clear liquids all day! (Water, chicken broth, bouillon, apple juice, white grape juice, white cranberry juice, popsicles, 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. **DO NOT** chew tobacco, or smoke at least 6 hours prior to the procedure.
- Confirm your responsible adult driver.
- Hydrate! Keep drinking water and clear liquids.

**Day of Colonoscopy:** Take your heart and/ or blood pressure medications with a small sip of water 4 hours before your colonoscopy. Do not take diuretics (water pills) unless they are a combined pill with your blood pressure medication.

**YOU MUST HAVE NOTHING BY MOUTH, INCLUDING WATER, MINTS, AND GUM THREE HOURS BEFORE YOUR PROCEDURE!!**

**Bowel Preparation Instructions by Specific Product**

**Golytely, Nulytely, Trilyte, GaviLyte, or any other 4-liter PEG solution**

**THE DAY BEFORE THE PROCEDURE**

- Fill the entire Golytely jug and place in the refrigerator in the morning.
- Beginning when you wake up, follow a clear liquid diet **all day**:

**Starting at 5pm--** Drink one 8oz glass of the prep solution every **15-30 minutes** until you have finished half of the preparation and stop once you have finished **half** of the preparation. **Make sure you shake the bottle after each glass** to make sure you are getting the appropriate amount of medication with each dose.

**THE DAY OF THE PROCEDURE**

- You may continue to have a clear liquid diet as long as you stop at least 4 hours before your procedure.
- Drink the remaining half of the preparation. Complete the full prep even if your stools are watery or clear. You must complete the preparation at least 4 hours before your procedure, so plan accordingly.

**Suprep or Plenvu**

**Step 1: At 4:00 P.M.** - Mix the first half of the prep solution with water per product instructions. Drink the entire 16oz container of prep solution. Over the next 1 hour, drink 2 more 16oz of water.

**Step 2: – If your procedure is scheduled before noon: 2<sup>nd</sup> Dose at 10:00 P.M.** Repeat **all** of “Step 1” with the second half of prep solution.

**If your procedure is scheduled for the afternoon: 2<sup>nd</sup> Dose at 6:00 A.M. the morning of your procedure**

Repeat **all** of “Step 1” with the second half of prep solution.

**Moviprep 2-liter PEG solution**

**Step 1:** At 4:00pm - Mix the first half of the prep solution with water per product instructions.

The Moviprep container is divided by 4 marks. Drink the prep solution down to the next mark every 15 minutes until the full 1-liter container is complete.

**Step 2: – If your procedure is scheduled before noon: 2<sup>nd</sup> Dose at 10:00 P.M.** - Repeat **all** of “Step 1” with the second half of prep solution.

**If your procedure is scheduled for the afternoon: 2<sup>nd</sup> Dose at 6:00 A.M. the morning of your procedure**

Repeat **all** of “Step 1” with the second half of prep solution.

**Clenpiq**

**This prep must be approved by your procedure physician. DO NOT use if you have Congestive Heart Failure or kidney disease. DO NOT dilute, refrigerate, or freeze this prep.**

**Step 1: At 4:00 P.M.-** Drink all of 1 of the 2 bottles. Follow with 5 or more 8oz cups of clear liquid. Finish additional liquids over the next 5 hours.

**Step 2: If your procedure is scheduled before noon: 2<sup>nd</sup> Dose at 10:00 P.M.** - Drink entire second bottle. Follow with 4 or more 8oz cups of clear liquid.

**If your procedure is scheduled for the afternoon: 2<sup>nd</sup> Dose at 6:00 A.M. the morning of your procedure** - Drink entire second bottle. Follow with 4 or more 8oz cups of clear liquid.

**Sutab**

**DOSE 1-DAY PRIOR TO YOUR COLONOSCOPY:**

**Between 4:00 and 7:00 pm, Step 1** - Open one bottle of 12 tablets. **STEP 2**-Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water and drink the entire amount of water over 15 to 20 minutes. **STEP 3** -

Approximately 1 hour after the last tablet is ingested, fill the provided container with 16 ounces of water (up to the fill line), and drink the entire amount over 30minutes. **STEP 4**- Approximately 30 minutes after finishing the second container of water, fill the provided container again with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.

**Step 2: Five hours before leaving your home**, open the second bottle of 12 tablets. Repeat **STEP 1** to **STEP 4** from Dose 1.

**YOU MUST COMPLETE ALL SUTAB TABLETS AND THE REQUIRED WATER AT LEAST 4 HOURS BEFORE YOUR COLONOSCOPY.**

**Suflave**

**If nausea, bloating, or abdominal cramping occurs, pause or slow down the rate of drinking the solution and additional water until the symptoms diminish.** For best taste, refrigerate the solution for an hour before drinking. **DO NOT** freeze. Use within 24hrs.

**Step 1: 4:00 PM** - Mix the first bottle of prep solution with water per product instructions. Drink 8 ounces of solution every 15 minutes until the bottle is empty. Drink an additional 16 ounces of water during the evening.

**Step 2: If your procedure is scheduled before noon: 2<sup>nd</sup> Dose at 10:00 P.M.** - Repeat all of “Step 1” with the second dose.

**If your procedure is scheduled for the afternoon: 2<sup>nd</sup> Dose at 6:00 A.M. the morning of your procedure** - Repeat all of “Step 1” with the second dose.

**EATING OR DRINKING AFTER THE INSTRUCTED TIME MAY RESULT IN YOUR PROCEDURE BEING CANCELLED!**

**After your colonoscopy:** 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.

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, it is 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** that will be applied to your account.

**To obtain results of your colonoscopy exam:**

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