



COLONOSCOPY PREPARATION INSTRUCTIONS

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> ***

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.

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.

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.

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. For bariatric medications such as Ozempic please also notify our office.

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. If you do not have a responsible adult to take you home your procedure will be cancelled, and you may be subject to the cancellation fee. 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.