



General Information for Your Procedure

PROCEDURE DATE AND TIME: _____

LOCATION:

_____ Physicians Endoscopy Center: 3030 S. Gessner, Suite 750, (713) 587-0909

_____ Memorial City Hospital: Digestive Health Center, 920 Frostwood (713) 242-3540

_____ Methodist West Hospital: 18500 Katy Freeway, Main Entrance (832) 522-2082

Diet:

1. If you have a morning procedure, you should have nothing to eat or drink after midnight the night before your procedure.
2. For afternoon procedures you may not eat or drink anything in the 8 hours immediately before the procedure. Prior to that, you may have water or Gatorade. Drinking other types of liquids or solids may cause your procedure to be postponed.
3. For colonoscopies, you need to follow a special diet the day before the procedure. This, and the medication you take to get ready (the “prep”) are covered on another information sheet.

Medication:

1. On the day of the procedure, you may take your regular medicines with a sip of water prior to your procedure as you normally do except for diabetic meds. Diabetic medications are addressed on another information sheet. Drinking more than a sip of water with your medication may cause your procedure to be postponed.
2. If you are on a “blood thinner” such as Coumadin, Aggrenox, Plavix, Xarelto, Effient or Brilinta, it may need to be stopped prior to your procedure. Please discuss this with your doctor if you have not already done so.

Restrictions the day of the procedure:

1. A responsible adult must take you home. Driving yourself, 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 is because the medications that you are given for the procedure can impair your judgment and reactions. You should be able to resume your normal activities the day after the procedure.
2. If no one is able to drive you to or from the procedure, we can refer you to a service that can drive you.

After your exam:

1. It is common to have cramping and distention after an exam. Belching and passing gas should help. However, if you have severe discomfort, rectal bleeding, fever greater than 101, lose consciousness or any other significant symptoms, please call our office (713-461-1026) immediately and speak to a doctor. Our doctors can be reached after business hours at this number if needed.

To obtain results of the exam:

1. Your doctor will speak to you and/or your designated agent following your exam.
2. If you had biopsies of any type you should receive written or verbal communication from your doctor's office within two (2) weeks. If you do not, please contact us at (713) 461-1026.