



Houston Regional Gastroenterology

DR. DWAIRY, M.D / DR. PATEL, M.D / DR. KAUR, D.O

MEDICAL ASSISTANTS: 832-707-5011

Colonoscopy Reminder: Date of Procedure _____

FORT BEND SURGICAL CENTER 14851 SOUTHWEST FWY SUGAR LAND, TX 77478 281-313-7300	MEMORIAL HERMANN FC 16906 SOUTHWEST FWY SUGAR LAND, TX 77479 281-243-1000	SUGAR LAND SURGERY CENTER 15300 SOUTHWEST FWY #100 SUGAR LAND, TX 77478 281-274-6670	METHODIST HOSPITAL SL 16655 SOUTHWEST FWY SUGAR LAND, TX 77479 281-274-7000
METHODIST HOSPITAL KATY 18500 KATY FWY HOUSTON TX, 77094 (832) 522-1000	HUMBLE KINGWOOD ENDO 19502 MCKAY BLVD # 101 HOUSTON, TX 77338 281-312-6900	MEMORIAL HERMANN KATY 21720 KINGSLAND BLVD KATY, TX 77450 281-492-1234	

**** THE FACILITY WILL CONTACT YOU 1 BUSINESS DAY PRIOR TO YOUR PROCEDURE WITH YOUR ARRIVAL TIME ****

DAY BEFORE PROCEDURE: Start CLEAR LIQUID DIET: Ex: Tea, Broth, Coffee/ NO CREAMERS, Juice/ NO PULP, Jell-O, etc. NO RED OR PURPLE LIQUIDS SHOULD BE CONSUMED!

DO NOT EAT OR DRINK ANYTHING THE MORNING OF YOUR PROCEDURE! No chewing gum or mints. You may take your regular medications, with a small amount of water (NO BLOOD THINNERS OR NSAIDs) You will be sedated so YOU MUST HAVE A RESPONSIBLE ADULT TO DRIVE YOU HOME.

GATORADE(2, 64oz bottles) / MIRALAX (8.3oz/238gm) INSTRUCTIONS

You MUST buy Dulcolax (Bisacodyl) Laxative & Gas-X tablets over the counter (YOU DO NOT NEED A PRESCRIPTION)
 FIVE DAYS BEFORE: Stop taking iron tablets/ Aspirin, NSAIDs (Ibuprofen, Advil, Aleve, etc.), blood thinners (Lovenox, Heparin, Coumadin, Plavix, etc.)
 *** If you are also having an UPPER ENDOSCOPY you must STOP TAKING ALL ACID REFLUX MEDICATIONS 7 DAYS BEFORE YOUR PROCEDURE. (IT IS OKAY TO TAKE TUMS) ***

DAY BEFORE:

Early Morning: Begin clear liquid diet.

12pm: Drink two 16 oz glasses of clear liquids and take two tablets of Dulcolax.

3pm: Take two tablets of Dulcolax.

5pm: Mix one 64 oz of Gatorade (no red or purple) with half the bottle of Miralax (To be consumed within the next hour)

6pm: Take two tablets of Dulcolax and chew 2 Gas-X tablets.

9pm: Take two tablets of Dulcolax.

10pm: Mix one 64 oz of Gatorade (no red or purple) with the remainder half of Miralax (To be consumed within the next hour)

11:30pm: Take two tablets of Dulcolax and chew 2 Gas-X tablets.

DO NOT DRINK ANY MORE LIQUIDS AFTER MIDNIGHT!

Pathology can take up to 10 business days. Which will then be discussed on your follow up visit two weeks after your procedure day. Please remember to call 832-707-5011 to make your appointment if you have not already done so.