



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 ONE BUSINESS DAY PRIOR TO YOUR PROCEDURE WITH YOUR ACTUAL ARRIVAL TIME*

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

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

### Gallon Instructions (GaviLyte, Golytely, or PEG 3350)

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 large glasses of clear liquids and take two tablets of Dulcolax.

**3pm:** Take two tablets of Dulcolax.

**5pm:** Drink ½ of the gallon jug. You must continue to drink clear liquids ((over the next five hours/NO RED OR PURPLE.))

This step is necessary to ensure you are well hydrated, in addition to aiding in colonoscopy preparation.

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

**9pm:** Take two tablets of Dulcolax.

**10 pm:** Drink the remainder of the gallon jug (the second half of the jug.) You must continue to drink clear liquids ((NO RED OR PURPLE))

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

Pathology can take up to 10 business days. Which will 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.