



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 HUMBLE, 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.

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

3pm: Take two tablets of Dulcolax.

5pm: Drink First Dose: Add 1 pouch into the container provided and mix 16oz of water, then drink it within the next 30 minutes. You must continue to drink clear liquids ((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.

10pm: Drink second dose: Add pouch A & B into the container and Mix 16 oz of water then drink it within the next 30 minutes. 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 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.