

Houston Regional Gastroenterology

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Colonoscopy Reminder: Date of Procedure

Houston Northwest Hospital
710 FM 1960 West
Houston, TX 77090
281-440-1000

Memorial Hermann Kingwood
300 Kingwood Medical
Kingwood, TX 7733
281-312-4000

Humble Kingwood Endoscopy Center
19502 McKay Blvd. Suite 101
Humble, TX 77338
281-312-6900

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.

SUPREP Instructions

You **MUST** buy **Dulcolax (Bisacodyl) Laxative & Gas-X** tablets over the counter.

*** If you are also having an UPPER ENDOSCOPY you must STOP TAKING ALL ACID REFLUX MEDICATIONS 7 DAYS BEFORE YOUR PROCEDURE***

FIVE DAYS BEFORE: Stop taking iron tablets/No Aspirin, NSAIDs (Ibuprofen, Advil, Aleve, etc.), or blood thinners (Lovenox, Heparin, Coumadin, Plavix, etc.)

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: Mix 10 oz of water into the container with the prep and drink it within the next 30 minutes. 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.

10pm Drink Second Dose: Drink all of the liquid in the container. You must drink of clear liquid (cup provided) over the next 5 hours.

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.