

# Houston Regional Gastroenterology

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707-5978

## Colonoscopy Reminder: Date of Procedure:

Fort Bend Surgical Center  
14851 SW FWY  
Sugar Land, TX 77478  
281-313-7300

Memorial Hermann FC  
16906 SW FWY  
Sugar Land, TX 77479  
281-243-1000

Sugar Land Surgical Center  
15300 SW FWY, Suite 100  
Sugar Land, TX 77478  
281-274-6670

**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**

A clean colon is critical for colon cancer detection. Colon cancer screening involves two steps. The first step is a colon cleansing, which is critical for the second step, complete examination of the entire colon.

You **MUST** buy **Dulcolax (Bisacodyl) Laxative & Gas-X** tablets over the counter. **FIVE DAYS BEFORE:** **Stop** taking iron tablets/**No** Aspirin, NSAIDs (Ibuprofen, Advil, Aleve, etc.), or blood thinners (Lovenox, Heparin, Coumadin, Plavix, etc.)  
\*\*\*If you are also having an UPPER ENDOSCOPY make sure to stop **all acid reflux medications 7 days before the procedure**\*\*\*

### **DAY BEFORE:**

**Early Morning:** Begin clear liquid diet.

**12pm** 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: 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 (**NO RED OR PURPLE**)

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

**NOTHING BY MOUTH AFTER MIDNIGHT!!!**

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.