



# 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.

## SUTABS 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:** Open 1<sup>st</sup> bottle of 12 tablets. Fill the provided container with 16 oz of water. Swallow each tablet with a sip of water every 2 minutes, and drink the entire amount of water over the next 30 minutes. Wait 1 hour after taking the last tablet to continue to drink more water.

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

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

**10pm:** Open the 2<sup>nd</sup> bottle of 12 tablets. Fill the provided container with 16 oz of water. Swallow each tablet with a sip of water every 2 minutes, and drink the entire amount of water over the next 30 minutes. Wait 1 hour after taking the last tablet to continue to drink more water.

**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.