



Digestive & Liver Disease Consultants, P.A.

Comprehensive Gastrointestinal & Hepatology: Consultative, Endoscopy & Motility Services

Colonoscopy 2 DAY PREP

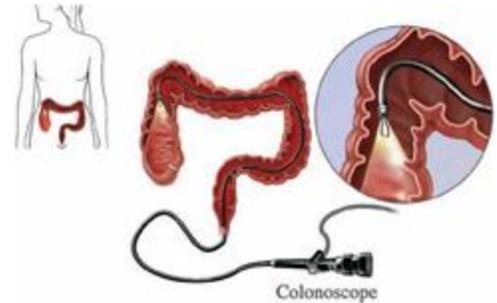
Your procedure is scheduled for the MORNING / AFTERNOON of

If you have any questions regarding your prep or the procedure and/or need to reschedule during business hours (8am-430pm Mon-Fri), please reach us on your patient portal or you call our office at:

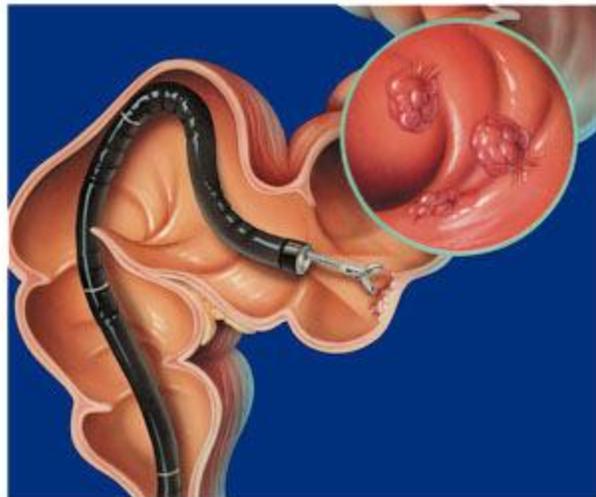
**You can reach _____ at
281-453-_____ or**

_____@gimed.net

Otherwise please CALL OR TEXT 281-440-0101 if you have questions or concerns after hours.



The term colonoscopy refers to a medical procedure during which a long flexible tube is used to look inside the colon. It is a procedure performed by a gastroenterologist, a well-trained specialist. The main instrument that is used to look inside the colon is the colonoscope. The colonoscope is a long, thin, flexible tube with a tiny video camera and a light on the end. By adjusting the various controls on the colonoscope, the gastroenterologist can carefully guide the instrument in any direction to look at the inside of the colon. The high-quality picture from the colonoscope is shown on a TV monitor, and gives a clear, detailed view.



Colonoscopy is an important way to check for colon cancer and to treat colon polyps. Polyps are abnormal growths on the inside lining of the intestine; they vary in size and shape and while most polyps are not cancerous, some may turn into cancer. However, it is not possible to tell just by looking at a polyp if it is malignant or potentially malignant. This is why colonoscopy is often used to remove polyps, a technique called a polypectomy.



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Prepare Your Colon for the Test

Regardless of the reason colonoscopy has been recommended for you, there are important steps that you MUST take to best prepare for and participate in the procedure.

5-7 Days Before the Procedure Pls Stop the below Medications-

- Blood Thinners
- Phentermine
- Ozempic/Wegovy/Trulicity/Bydureon/Monjaro

If advised, start taking Miralax (over the counter) once a day 5 days prior to the procedure

2 Days Prior to Your Procedure-

START ON A LIQUID DIET

You will need to follow a **CLEAR LIQUID DIET ALL DAY**. This will consist:

Water; clear juices, (**NO** pulp); powdered drinks, sports drinks, soda (**NO** red or purple); coffee or tea (sweetened, but **NO** milk, cream, soy or nondairy creamer); clear broth or bouillon, Jell-O; popsicle; sherbet. **DO NOT** drink liquids that you can't see through; **DO NOT** drink alcoholic beverages. **NO SOLID FOODS, DAIRY PRODUCTS or ARTIFICIAL RED/PURPLE COLORING.**

At 6:00 pm : 2 doses of Miralax (Over the counter) with 6-8 ounces of water

The Day Prior to Your Procedure-

Continue on the clear liquid diet and follow the prep below:

At 9:00 am: Take 2 doses of Miralax (over the counter) with 8-12 ounces of water

At 11:00 am : 4 Dulcolax (bisacodyl) laxative 5 mg tablets by mouth. (Over the counter)

At 2:00 pm :Take another 2 doses of Miralax (over the counter)w/ 8-12 ounces of water

At 6:00 pm : Begin drinking HALF peg lavage (Prescription); drink 8 oz every 20 minutes until completed. Feelings of bloating and/or nausea are common after the first few glasses. This is temporary and will disappear once bowel movements begin.

At the morning of the procedure (PREP TIME WILL BE 6 HOURS PRIOR TO ARRIVAL TIME GIVEN BY THE SURGERY CENTER), complete the 2nd half of the peg lavage; drink 8 oz every 20 minutes until completed (Prep must be completed 1-2 hours after starting prep and nothing by mouth 4 hrs prior to arrival time).

Colon cleansing causes the body to lose fluids quickly, which can lead to dehydration. To stay hydrated, fluids need to be replaced, so it's recommended that you drink plenty of clear liquids on the day of your prep. It's also important to stay hydrated after your procedure.



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ONLY TAKE BLOOD PRESSURE MEDICATION WITH A SMALL SIP OF WATER ON THE MORNING OF PROCEDURE

Morning Procedure: Nothing to eat or drink after midnight.

Afternoon Procedure (arrival time of 10am or later): You may have 1-2 cups of a clear liquid of your choice (list above) **but nothing by mouth 4 hours prior to your arrival time.**

In order for the colonoscopy to be done, the colon must be clean with no stool present. It is VERY IMPORTANT that you follow the selected preparation instructions as recommended above.

Day of the Colonoscopy-Your colonoscopy will be performed at a special outpatient surgical center. You will register upon your arrival at the front desk, you will then be escorted to the pre op assessment area and you will be asked to change into a surgical gown. You will be asked to sign a form which verifies that you consent to having the procedure and that you understand what is involved. Please notify the surgery center nursing staff if you have any drug allergies, heart or lung problems, sleep apnea or if you are taking any blood thinners such as Coumadin or Plavix. If there is anything you do not understand, ask for more information. An intravenous line, or IV, will then be established to administer fluids and anesthesia. You will then have a consultation with your anesthesiologist who may ask you certain questions pertaining to your specific health conditions. The anesthesiologist assessment will allow him to provide you the precise individualized care you will need while sedated.

During the Colonoscopy-You will be taken on a hospital bed into the endoscopy suite and connected to the vital monitoring devices. Once you are comfortable, anesthesia will be administered by the anesthesiologist. Once you are sedated, your doctor will first do a rectal exam with a gloved, lubricated finger; then the lubricated colonoscope will be gently inserted. As the scope is slowly and carefully passed, air will be introduced to help advance the scope. The time needed for colonoscopy will vary, depending in part on what is found and what is done; on average, the procedure takes about 30 minutes.

Possible Complications-Although colonoscopy is a safe procedure, complications can occur, including perforation or puncture of the colon walls, which could require surgical repair. Complications during a colonoscopy are rare. When polyp removal or biopsy is performed, hemorrhage — heavy bleeding — may result and sometimes require blood transfusion or reinsertion of the colonoscope to control the bleeding. You may develop swelling and/or redness at the site of the I.V. where the sedation was given. Apply a warm compress to the area to reduce discomfort. Please notify your doctor if this occurs. You should also be aware that colonoscopy is not perfect and even with a skilled physician; some colon lesions (abnormalities) might be missed. Be sure to discuss any specific concerns you may have about the procedure with your doctor.

After the Colonoscopy-Afterwards, your vitals will be monitored and you will be cared for in a recovery area until most of the effects of the sedation medication have worn off. At this time, your doctor will inform you or a family member about the results of your colonoscopy and provide any additional information you need to know. You will also be given instructions regarding how soon you can eat and drink, plus other guidelines for resuming your normal routine. **YOU MUST HAVE SOMEONE TO DRIVE YOU HOME (UBER/LYFT/TAXI IS not ALLOWED) as the medication given for sedation will not allow you to drive for 12-24 hours. (If you are over the age of 60 your driver must remain at the surgical center the duration of your visit due to fall precaution protocols)** Due to the after effects of the sedation you are advised: *Not to return back to work the day of your procedure, Not to operate any machinery (including kitchen equipment), and Not to drink any alcohol for at least 12 hours following the test.* Occasionally, minor problems may persist, such as bloating, gas or mild cramping, which should disappear in 24 hours or less. When you return home, you may resume your regular diet unless directed otherwise. You may also plan to return to regular activities on the next day. A day or so after you are home, you may receive a call from a member of the outpatient surgical center team for a follow-up care interview.



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The surgery center will confirm your ACTUAL arrival time the day prior to your procedure. They can be reached at 281-440-5797.

Procedure Cancellations / No Show Policy-

In order to provide the most efficient scheduling to our patients, we need to keep appointment cancellation and “no show” activity to a minimum. In order to do this, we are implementing cancellation and “no-show” fees that will be charged to the patient if procedures are cancelled without proper advance notice, or if the patient does not show up for a scheduled procedure.

Cancellation Notice Requirement: Two (2) business days advance notice. Failure to provide the required advance notice will result in a cancellation fee and/or “no show” fee of \$50.00.

Memorial Hermann North Houston Endoscopy & Surgery, L.P, (NHES)

275 Lantern Bend, Ste 400 Houston, Tx 77090 Ph: 281-440-5797 ext. 4100

Please allow yourself 3 to 4 hours of available time when coming in for a procedure.

Pre-registration is required, please see the attached forms to pre-register online or go to www.Nh-esc.com. Please contact the facility concerning your benefits for the facility.

