



COLONOSCOPY PREP INSTRUCTIONS

Procedure Date: _____ Arrival Time (estimate): _____ Procedure Time: _____

PROCEDURE LOCATION:

- River Oaks Endoscopy Center**
1501 River Pointe Dr., Suite 260, Conroe, TX 77304 (936) 494-3636
- VIP Surgical Center**
1246 N. FM 3083, West, Conroe, TX 77304 (936) 441-2233
- Memorial Hermann Surgery Center - The Woodlands**
9200 Pinecroft Dr., Suite 200, The Woodlands, TX 77380 (281) 297-9500
- Memorial Hermann Hospital - The Woodlands**
9250 Pinecroft Dr., The Woodlands, TX 77380 (713) 897-2300
- St. Luke's Hospital - The Woodlands**
17200 St. Luke's Way, The Woodlands, TX 77384 (936) 266-2000
- St. Luke's Hospital – Springwoods Village**
2255 E. Mossy Oaks Dr., Spring, TX 77389 (346) 305-5000
- Methodist Hospital - The Woodlands**
17201 I-45, South, The Woodlands, TX 77385 (936) 270-2000
- Lakeshore Surgical Center**
6701 Lake Woodlands Dr., The Woodlands, TX 77382 (281) 825-4607

NOTE: You will be charged **\$150 fee** if you no show or cancel/reschedule your procedure less than **THREE** business day (before the office closes). **CALL OUR OFFICE (281) 205-1111.**

MEDICATIONS:

- Please **STOP** blood thinners (i.e., Coumadin, Plavix, Aspirin, Fish Oils) five (5) days prior to your procedure.
Please contact your PCP or cardiologist for any adjustments in these medications.
- Do not take ibuprofen, Motrin, Aleve, Advil or any other NSAIDS five (5) days prior to your procedure. Tylenol is okay for pain and headaches.
- Please **STOP** all weight loss medication two (2) weeks prior to your procedure (i.e., Phentermine, Qsymia or any other diet pill/appetite suppressant).

If you need cardiac clearance, please follow-up with your cardiologist and provide it to us, as soon as possible, or your procedure may be delayed/canceled.

MORNING OF PROCEDURE:

- Take your **heart** and **blood pressure** medications, as instructed, unless your doctor instructs you, otherwise, with a sip of water.
- If you have diabetes and on insulin, take ½ (half) of your AM dose the morning of your procedure. Your blood sugar will be checked upon arrival.
- Do not take potassium pills or diuretics (water pills)
- Bring a copy of your current medication list with you to the facility, along with your photo ID and insurance card

ONE (1) DAY BEFORE YOUR COLONOSCOPY PROCEDURE:

NO SOLID FOOD.... CLEAR LIQUID DIET ALL DAY	
NOT ALLOWED	No solid food; No Dairy; No Alcohol; No RED /No PURPLE ; No Chewing tobacco (stop smoking 12 hours prior to your procedure)
ALLOWED (Desserts)	Gelatin; Popsicles; Slushes; Icees; Hard Candy (No RED /No PURPLE)
ALLOWED (Condiments)	Sugar; Artificial Sweeteners; Honey
ALLOWED (Beverages)	Water; Coffee (No Creamer); Tea (No Milk); Clear Soda; Apple Juice; White Grape Juice; Crystal Light; Kool-Aid (No RED /No PURPLE)
ALLOWED (Soups/Broths)	Beef broth; Chicken broth; Vegetable broth... CLEAR BROTHS ONLY

****YOU WILL NEED A DRIVER****

PREP INSTRUCTIONS (Find your specific prep instructions below):

YOU MUST FOLLOW THE INSTRUCTIONS BELOW. Do not follow the instructions in the prep box.

ALL PATIENTS: At 12:00 noon (the day before your procedure), take two (2) Dulcolax tablets, followed by three (3) 8oz cups of water. Dulcolax is a laxative, which can be purchased over the counter.

SUPREP:

Step 1: At 6:00 p.m. (the day before your procedure), pour one bottle of the SUPREP laxative into the supplied mixing cup. Add cold water to the red line, mix well and drink.

Step 2: Within the next hour, drink two (2) to three (3) 16 ounces cups of water or clear liquid. Continue drinking clear liquids for the rest of the evening, to prevent dehydration and headaches, until you go to bed.

Note: You should have bowel movements within 30-60 minutes; Use a straw or eat hard candy between glasses, if necessary; Bloating will occur, but it will pass; Walk around the house to relieve bloating; Continue drinking clear liquids of your choice until you go to bed; Take any prescribed PM medications when your BM's slow down

Step 3 (morning of procedure): Five (5) hours before departing home, repeat above Step 1 with second bottle provided. Within the next hour, drink TWO (2) 16-ounce cups of water or clear liquid to prevent dehydration. **Stop ALL liquids 4 hours prior to your arrival time. No candy, mints or chewing gum 6 hours prior to your procedure.**

PLENVU:

Step 1: At 6:00 p.m. (the day before your procedure), mix PlenVu contents **Dose 1** with 16 ounces of water in the supplied container, mix well and drink.

Step 2: Refill the container with at least 16 ounces of water or clear liquid and drink within 30 minutes. Continue drinking clear liquids for the rest of the evening, to prevent dehydration and headaches, until you go to bed.

Note: You should have bowel movements within 30-60 minutes; Use a straw or eat hard candy between glasses, if necessary; Bloating will occur, but it will pass; Walk around the house to relieve bloating; Continue drinking clear liquids of your choice until you go to bed; Take any prescribed PM medications when your BM's slow down

Step 3 (morning of procedure): Five (5) hours before departing home, mix **Dose 2/Pouches A and B** with at least 16 ounces of water and drink within 30 minutes. Refill the container with at least 16 ounces of water or clear liquid and drink within 30 minutes. **Stop ALL liquids 4 hours prior to your arrival time. No candy, mints or chewing gum 6 hours prior to your procedure.**

CLENPIQ:

Step 1: At 6:00 p.m. (the day before your procedure), drink one (1) bottle of CLENPIQ.

Step 2: Drink FIVE (5) cups (8 ounces each) of clear liquid. Complete all steps in two (2) hours.

Note: You should have bowel movements within 30-60 minutes; Use a straw or eat hard candy between glasses, if necessary; Bloating will occur, but it will pass; Walk around the house to relieve bloating; Continue drinking clear liquids of your choice until you go to bed; Take any prescribed PM medications when your BM's slow down

Step 3 (morning of procedure): Five (5) hours before departing home, drink 2nd bottle of CLENPIQ. Drink at least three (3) cups (8 ounces each) of clear liquid. **Stop ALL liquids 4 hours prior to your arrival time. No candy, mints or chewing gum 6 hours prior to your procedure.**

SUTAB

Step 1: At 6 p.m. (the day before your procedure), open one (1) bottle of 12 tablets

Step 2: Fill supplied container with 16 ounces of cold water (up to fill line). Swallow each tablet with a sip of water and finish drinking the remaining water within 15-20 minutes.

Step 3: Approximately one (1) hour after the last tablet is ingested, fill the supplied container, again, with 16 ounces of cold water (up to fill line) and drink the entire amount within 30 minutes.

Step 4: Approximately 30 minutes after finishing the second container of water, fill the container, again, (to the fill line) and drink the entire amount within 30 minutes.

Note: You should have bowel movements within 30-60 minutes; Use a straw or eat hard candy between glasses, if necessary; Bloating will occur, but it will pass; Walk around the house to relieve bloating; Continue drinking clear liquids of your choice until you go to bed; Take any prescribed PM medications when your BM's slow down

Step 5 (morning of procedure): Five (5) hours before departing home, repeat Step 1 through Step 4 from the previous evening. **Stop ALL liquids 4 hours prior to your arrival time. No candy, mints or chewing gum 6 hours prior to your procedure.**

**** PLEASE SCHEDULE TWO-WEEK FOLLOW-UP APPOINTMENT FOR PROCEDURE RESULTS****

YOU ARE SCHEDULED ON: _____/_____/_____ at _____:_____ AM/PM