

Colonoscopy Prep Instructions

Dr. Seif



TEXAS GI
Endoscopy Center

Appointment date: _____ Please check in at: _____ am/pm at the selected location:



Texas GI Endoscopy Center
2704 N Galloway Ave
Mesquite, TX 75150



Baylor Scott and White Sunnyvale
231 S Collins Rd
Sunnyvale, TX 75182

1 WEEK BEFORE

- Confirm ride. NO RIDE, NO PROCEDURE. NO EXCEPTION
- Pick up prep from pharmacy
- Stop taking iron/ferrous sulfate
- Continue taking baby aspirin, unless instructed otherwise
- If taking a GLP-1 injection, such as Ozempic, Mounjaro, Trulicity, etc., hold for 7 days prior to procedure OR clear liquids only, 24 hours prior to procedure
- Inform the office if you are taking blood thinners, such as: Prasugrel (Effient), Apixaban (Eliquis), Dabigatran (Pradaxa), Clopidogrel (Plavix), Rivaroxaban (Plavix), Warfarin (Coumadin)

1 DAY BEFORE

- You may have a LOW RESIDUE DIET. See attached list of appropriate foods.
- Acceptable items are juice (clear, no OJ), coffee (no cream), jello, popsicle (no red or purple), tea, broth. Ensure is ok
- Drink plenty of fluids throughout the day. Goal is 8 ounces every hour
- Take all medications as normal, unless instructed otherwise
- Hold evening dose of diabetes medication
- **ONCE YOU BEGIN THE PREP, DO NOT EAT FOOD... LIQUIDS ONLY!**
- Use the times below to start prep:
 - 6pm: mix as instructed on prep kit
 - Gallon jug: Drink 1 glass every 15 minutes, until you finish half of the jug. Save remaining for later
 - Two bottles: Drink 1 bottle now and follow with recommended glasses of water as instructed on prep kit

DAY OF COLONOSCOPY

!DON'T FORGET!

- ★ Do not drink any liquids 3 hours before your procedure
- ★ Take medications at least 3 hours before procedure
- ★ If stool is not clear, call for further instruction
- ★ Check blood sugar if diabetic
- ★ Leave all jewelry at home
- ★ No ride, no procedure!

- TODAY ALL BEVERAGES MUST BE CLEAR! (No Ensure, coffee creamer, dairy, etc.)
- FINISH PREP: 6 hours before procedure time, finish remaining gallon or 2nd bottle, followed by recommended glasses of water, up until 3 hours before procedure
- Stool should be clear, yellow, or light brown. Please call if having solid stool!
- Take blood pressure, heart, and seizure medications with a sip of water (AT LEAST 3 HOURS BEFORE PROCEDURE)
- Hold diabetes medication
- No driving or returning to work for the remainder of the day. Please plan accordingly
- Plan to spend 2-3 hours at the facility
- A \$100 charge will be applied if you do not call to cancel/reschedule within 24 hours, or if you do not show up for your appointment
- There will be a doctor's fee AND facility charge for your procedure. Anesthesia and pathology will be billed separately. You will be contacted for any outstanding fees.
- **IMPORTANT: IF YOU DRINK LIQUIDS WITHIN 3 HOURS OF YOUR PROCEDURE OR EAT WITHIN 8 HOURS, YOUR PROCEDURE WILL BE DELAYED OR EVEN CANCELED**