

General Instructions and Frequently Asked Questions

Procedure: COLONOSCOPY EGD/COLO

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an Instructional Video



PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY

1. You must have a **RESPONSIBLE ADULT TO DRIVE** you home after the procedure (**NO UBER, NO TAXI**)
2. **PLEASE NOTE THAT WE DO NOT SET THE ARRIVAL TIMES.** You will receive a call from the facility at least 1-2 days before your procedure with your expected arrival time and pre-registration. If you have questions regarding your arrival time, **PLEASE CONTACT THE FACILITY DIRECTLY.**
3. If you **DO NOT** receive a call by 3pm the day before your procedure, **PLEASE CALL THE FACILITY.**
4. If biopsies are taken, results can take up to 10-14 days to come in. **You must schedule a follow up appointment 2 weeks post procedure.** Results will be discussed at your follow up. If no follow up is necessary, we may contact you to cancel the appointment.

One Week Prior

- **5 days prior** to your procedure begin to reduce residue in your diet. Refrain from eating **nuts, seeds, corn, and popcorn, RAW fruits and vegetables. Discontinue fiber supplements, such as Metamucil, Citracel, Fiberall, Benefiber, etc...**
- If you are taking any of the following **BLOOD THINNERS**: *Aspirin, Plavix/Clopidogrel, Coumadin/Warfarin, Effient, Pradaxa, Eliquis*
 - o **Please confirm pre procedure protocol set by your cardiologist or call our office.**
- If you are **DIABETIC** and on insulin or **>1 diabetic medications**:
 - o **Please confirm pre procedure protocol set by your PCP/Endocrinologist.**

Day Before Procedure

- Clear Liquid Diet **ALL DAY** (refer to following page)
- **General Hints:**
 - o Try drinking 1 cup of ginger ale before you start to settle your stomach; you can also have ginger ale in between prep drinks.
 - o Refrigerate your prep or you can add ice to chill prep.
 - o You may add Crystal Light (**NO PURPLE OR RED**) to mask the taste of the prep
- If you are **vomiting**:
 - o **Take a break for 30 minutes**, if not feeling better call physician: **281-746-9284**
- If you **feel bloated or nauseous**:
 - o **Increase time between drinking the prep** i.e. 30 minutes rather than 20 minutes
- You should **expect to have >10 bowel movements/diarrhea** within the **first 1-2 hours** after drinking the solution.
- **GOAL:** Drink all of the prep solution. **Stools should be clear** (similar to apple juice), without any remaining stool
If during the procedure it is deemed that you had an inadequate prep, then this may result in a cancellation of the procedure, or you may have to repeat your colonoscopy sooner than would be desired.

Day of Procedure

- If you are on **split dosing protocol**, drink the other half of your prep solution **4-5 hours prior to arrival**
- Please take your **morning meds for blood pressure, seizures, anxiety, and inhalers**, with a small sip of water. Please confirm with the provider.
 - o You may hold off on all other medications until after procedure



CLEAR LIQUID DIET **(Day before procedure)**

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed.

NO RED OR PURPLE LIQUIDS SHOULD BE CONSUMED!!

Foods allowed:

- Clear broth (chicken, beef, vegetable, etc...)
- Black Coffee (no dairy/creamer)
- Water and mineral water (plain, carbonated, or flavored)
- Tea
- Jell-O: *Lime, Lemon, Peach, Pineapple, Apricot* flavors are ok
- Popsicles (water based)
- Fruit juices: White grape, Lemonade, Apple (NO PULP, NO RED OR PURPLE)

Food to avoid:

- NO dairy products (milk, yogurt, ice-cream, creamy soups)
- NO meats or meat substitutes
- NO vegetables
- NO grains or starches
- NO alcoholic beverages
- NO oatmeal or cream of wheat

Sample Menu

Breakfast:

White grape Juice
(NO PULP)

Clear broth

Jell-O

Tea

Lunch:

Apple Juice

Clear broth

Jell-O

Tea

Dinner:

Lemonade

Clear broth

Jell-o

Tea

REMEMBER TO DRINK PLENTY OF WATER THROUGHOUT THE DAY