



Digestive & Liver Disease Consultants, P.A.

Comprehensive Gastrointestinal & Hepatology: Consultative, Endoscopy & Motility Services

Colonoscopy with Suprep(Split Dose)

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:

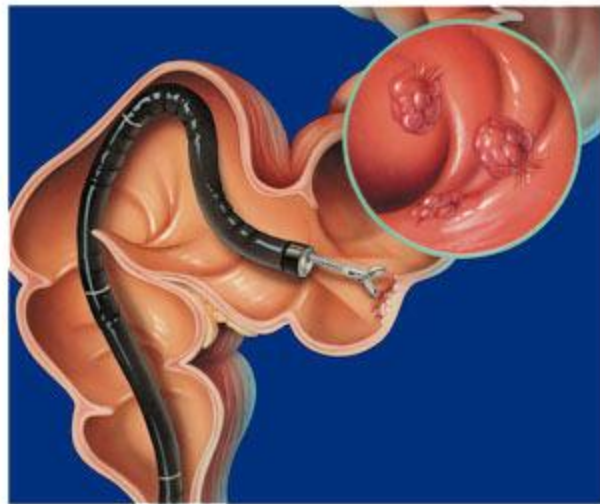
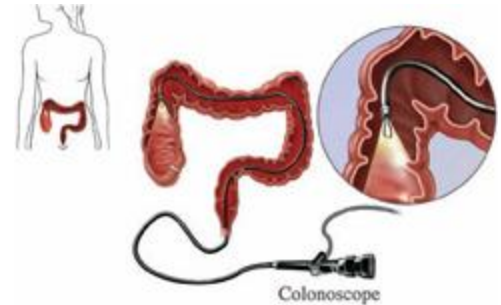
You can reach _____ at
281-453-_____ or

_____@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. A 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. A Colonoscopy is also a safe and effective way to evaluate problems such as: Blood loss, Abdominal or rectal pain, Changes in bowel habits, such as chronic diarrhea, Abnormalities that may have first been detected by other studies, such as an inflamed colon noted on a CT scan of the abdomen, Active bleeding from the large bowel.





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Refraining from Smoking and Chewing Tobacco:

The sooner you refrain from smoking, the greater your chances are of avoiding surgery-related complications. It is especially important not to smoke on the day of your surgery. Fortunately, the body begins to heal within hours of your last cigarette. We recommend patients abstain from smoking for as long as possible before and after their procedure, but even quitting for a brief period is still beneficial.

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.

TWO (2) Days Before the Procedure-

STOP eating high fiber foods, whole grain breads, cereals, pastas, raw vegetables, salads, nuts or seeds of any kind, crunchy peanut butter, tough meats with gristle, and foods with a peel. Examples include popcorn, peanuts, fennel seeds, poppy seeds, grapes, beans, tomatoes, green peas, corn, blueberries, raspberries, or watermelon.

ONE (1) Day Before the Procedure-

You will need to STOP eating solid foods and dairy products, and follow a LIQUID DIET

ALL DAY (STARTING WHEN YOU WAKE UP).

NO SOLID FOODS, DAIRY PRODUCTS, ALCOHOL or ARTIFICIAL RED/BLUE/PURPLE

COLORING

This will consist of:

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

Deviating from this clear liquid diet may prevent adequate preparation for the colon exam.

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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STEP 1 BEGINNING the day before your procedure @ 6PM



Pour **ONE** (1) 6-ounce bottle of SUPREP liquid into the mixing container.



Add cool drinking water to the 16-ounce line on the container and mix.
NOTE: Be sure to dilute SUPREP before you drink it.



Drink **ALL** the liquid in the container.



You **must** drink two (2) more 16-ounce containers of water over the next 1 hour.

STEP 2 surgery center will call w/time 2 days prior to procedure

PREP TIME WILL BE 6 HOURS PRIOR TO ARRIVAL TIME GIVEN BY THE SURGERY CENTER - (Prep must be completed 1-2 hours after starting prep and nothing by mouth 4 hrs prior to arrival time).

■ Repeat STEP 1. Using the other 6-ounce bottle

*****BOTH 6 OUNCE BOTTLES ARE REQUIRED FOR A COMPLETE PREPARATION*****

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 or after the last dose of prep.

Afternoon Procedure (arrival time 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.



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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.. 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 15-30 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 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, 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 may 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.

