



* Peter Kvapil, MD * Shail Maheshwari, MD * Apurv Varia, MD * Matthew Clark, MD * Rambabu Chalasani MD * Avais Chatha, MD

FACILITY/LOCATION: DATE:

PROVIDER: ARRIVAL TIME:

Facility will confirm your appointment PLEASE answer their text from 936-494-3636.

ONE WEEK PRIOR TO YOUR SCHEDULED PROCEDURE STOP TAKING PRESCRIBED WEIGHT LOSS MEDICATION, OR YOUR PROCEDURE WILL BE CANCELLED

7 DAYS PRIOR TO YOUR COLONOSCOPY

- **STOP** BLOOD THINNERS, ALL OIL BASED SUPPLEMENTS –UNLESS INSTRUCTED OTHERWISE BY YOUR DOCTOR.

THE DAY BEFORE YOUR COLONOSCOPY

- Wake up to a **CLEAR LIQUID DIET**. A list is provided at the bottom of this sheet.
- **HYDRATION** is a part of your prep! Drink **8 oz** CLEAR LIQUIDS every hour throughout the day you start your prep.
- **DO NOT DRINK ANYTHING RED OR PURPLE, NO ALCOHOL, NO DAIRY.**
- **DRINK FLUIDS WITH ELECTROLYTES THROUGHOUT THE DAY**
(PEDIALYTE, GATORADE ETC.)

AT 6PM NIGHT BEFORE TAKE YOUR FIRST DOSE OF THE PREP (medication to clean out your colon)

- **YOU MUST DRINK TWO MORE 16 OUNCES OF WATER OVER THE NEXT HOUR. STAY HYDRATED**

At 5AM DAY OF PROCEDURE TAKE YOUR SECOND DOSE OF THE PREP

- **YOU MUST DRINK TWO MORE 16 OUNCES OF WATER OVER THE NEXT HOUR STAY HYDRATED**
- 10AM** IF YOUR STOOL IS NOT SEE THROUGH OR LIKE APPLE JUICE YOU WILL DO **A DOUBLE DOSE** MIRALAX MIXED WITH JUICE OR WATER

NOTHING TO DRINK 4 HOURS PRIOR TO COLONOSCOPY
(No History of DIABETES NOTHING TO DRINK 2 HOURS PRIOR)



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EXAMPLES OF CLEAR LIQUIDS

<ul style="list-style-type: none">➤ SPRITE, 7-UP, GINGERALE➤ JELLO AND POPSICLES➤ GATORADE, POWERADE, KOOL-AID➤ (NO RED OR PURPLE COLORING)➤ COCONUT WATER <u>(NO COCONUT MILK)</u>	<ul style="list-style-type: none">➤ TEA & COFFEE <u>(NO CREAMER OR MILK, NO DAIRY)</u>➤ CLEAR CHICKEN BROTH AND CONSOMME➤ APPLE JUICE AND WHITE GRAPE JUICE➤ LEMONADE, LIMEADE <u>(NO PULP)</u>
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NO SOLID FOOD! NO MEAT. NO VEGETABLES. NO DAIRY. NO GRAINS. NO STARCHES. NO JUICES WITH PULP: (ORANGE JUICE, VEGETABLE JUICE, NECTARS ETC.) NO SMOOTHIES

IF YOUR INSURANCE DOES NOT COVER THE PREP OR THE PREP IS TOO EXPENSIVE, PLEASE FOLLOW THE MIRALAX PREP INSTRUCTIONS BELOW.

MIRALAX PREP: AGAIN, ONLY IF YOUR INSURANCE DOES NOT COVER PERSCRIBED PREP OR IT IS TOO EXPENSIVE

DAY BEFORE COLONOSCOPY

At 2PM you will take a DOUBLE DOSE (2 capfuls) of MiraLAX mixed IN 12-20ozJUICE OR WATER

At 3PM you will take a DOUBLE DOSE (2 capfuls) of MiraLAX mixed IN 12-20ozJUICE OR WATER

At 4PM you will take a DOUBLE DOSE (2 capfuls) of MiraLAX mixed IN 12-20ozJUICE OR WATER

At 5 PM you will take a DOUBLE DOSE (2 capfuls) of MiraLAX mixed IN 12-20ozJUICE OR WATER

At 6PM you will take a DOUBLE DOSE (2 capfuls) of MiraLAX mixed IN 12- 20ozJUICE OR WATER

At 8PM you will take a DOUBLE DOSE (2 capfuls) of MiraLAX mixed IN 12-20ozJUICE OR WATER

- **If your bowel movements are not see through after the above prep, then you will continue to do another DOUBLE DOSE (2 capfuls) every hour until your stool is see through.**



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PATIENT RESPONSIBILITY

YOU MUST HAVE SOMEONE RESPONSIBLE AND OVER THE AGE OF 18 TO DRIVE YOU HOME. YOU WILL NOT BE PERMITTED TO HAVE YOUR PROCEDURE WITH ANY TYPE OF ANESTHESIA WITHOUT A RESPONSIBLE RIDE.

- **YOU CANNOT DRIVE THE REST OF THE DAY,**
- **PLEASE ALLOW 14 BUSINESS DAYS TO OBTAIN PATHOLOGY RESULTS**

PATIENT FINANCIAL RESPONSIBILITY: WHO YOU MAY OWE:

Expect to receive 3 or 4 bills for your procedure:

- Physician Services- Performance of the procedure by the physician
For Physician Fees: If you have any out-of-pocket expense for your scheduled procedure; you will receive a call from our office to pay the fees about 3 days prior to your procedure.
 - Facility Fee- Location of service
 - Anesthesia- Sedation for procedure
 - Pathology- Biopsy/ Remove of tissue /polypectomy.
- **FOR QUESTIONS CALL 936-321-5440**