



PROCEDURE PREPARATION INSTRUCTIONS

Procedure Date: ___/___/___ Estimated Arrival Time: ___:___ A.M./PM

Procedure: Colonoscopy EGD

Location:

- Westgreen Surgical Center 750 Westgreen Blvd, Katy, TX 77450 281-646-9832 (Mon and Fri)
- Memorial Hermann Surgery Center 23920 Katy Freeway #200 Katy, TX 77494 -281-644-3200
- Memorial Hermann Katy Hospital 23900 Katy Freeway Katy, TX 77494 – 281-644-7200

Please call Anesthesia prior to your procedure to obtain a quote of financial responsibility–713-636-9720 opt.1

Your procedure will take approximately 30-45 minutes to complete. Your total time at the facility will be approximately 2.5 – 3 hours. For your safety you will not be permitted to drive yourself home after the procedure.

Please make arrangements to have a responsible adult accompany you and drive you home. Using an Uber/Taxi will not be permitted for the drive home.

The time given for your procedure when scheduling is an estimated time subject to change per facility.

The facility will call to confirm your appointment day and arrival time prior to your procedure. If you are given a different arrival time at that moment please arrive at the time which was given to you by the facility staff.

Please be aware that Facility, Dr. Maher, Anesthesia, and Pathology fees will all be billed separately. The quote given to you by Dr. Maher’s office may not include Facility, Anesthesia, or Pathology fees. **You are responsible to find out what your financial responsibilities are prior to your procedure from all entities.** _____.

All procedures must be cancelled or rescheduled at least 48 business hours prior to the procedure time. Failure to do so will incur in a \$100 late cancellation fee. _____.

Pre-Procedure Instructions

- All blood thinners must to be stopped 7 days prior to procedure unless instructed otherwise.
- Stop Fiber supplements, Vitamins, Iron supplements, Aspirin-like products such as Advil, Ibuprofen, Aleve, and certain Arthritis medications five (5) days prior to your procedure.
- Diabetic medications, including insulin, must not be taken the morning of your procedure.
** Please check your blood glucose level in the morning prior to your arrival.
- Diet pills such as phentermine must be stopped for 14 days prior to the procedure.

EGD procedures: Nothing to eat or drink after midnight



Dietary Preparations for COLONOSCOPY

(_____) **Two (2) days before** your procedure avoid all fruits containing seeds; avoid whole grains and nuts, do not eat corn or raw vegetables; avoid rice, beef, milk/milk based products, avoid any foods or beverages that are colored red, blue, or purple.

*****2 days prior foods you can eat:** chicken, turkey, fish, eggs, peanut butter, wheat/white bread, apples, pears, bananas, pasta, cooked/steamed vegetables.

The day prior to your procedure you will be on a clear liquid diet

Clear Liquid Options: (No Jell-O, or smoothies)

Plain water Apple Juice White grape juice strained lemonade (no pulp)
Black Coffee Tea Clear Sodas (Sprite, Mountain Dew, etc.)
Sports Drinks (excluding red, blue and purple colored drinks) Broth (chicken, bouillon, consommé)

The evening before your procedure

You will start Suprep at 6:00 p.m.

*It is recommended that you refrigerate Suprep and drink it slowly using a straw.

- Pour one 6 oz. bottle of Suprep liquid into the mixing container.
- Add cool drinking water to the 16 oz. line on the container and mix.
- Drink all the liquid in the container.
- **Within the hour:** drink TWO 16 oz. containers of water.

The morning of your procedure

You will start drinking the prep 4 hours before your scheduled procedure time

With a procedure time of _____ you will start drinking your second dose at _____.

Please be aware that if the time of your procedure changes, so will the time you start your second dose of the prep.

You may not have anything by mouth after you have completed your prep.

Biopsy results: will be sent through the **patient portal** 10-14 days after procedure.

If you do not use the patient portal you will get a phone call from our office with results. Please be aware that due to HIPPA laws we cannot leave a voicemail with results, if you receive a missed call from our office and you are pending results, make sure to contact us back as soon as possible to obtain them.

If you have any questions or concern please contact our office 281-945-5190 Ext. 103