



www.yourgicenter.com
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Email: hello@yourgicenter.com
Toll free: 888-292-0010
Fax: 979-292-0488

PREPOPIK PREPARATION FOR COLONOSCOPY

Patient Check-In Time _____ Patient Procedure Date _____

(Please note: Patient Check-In Time is not the procedure time! It is merely the time we wish for you to begin the check in process that starts with signing in at the front window.)

Location where your procedure will take place:

- The G.I.Center, 109 Parking Way, Lake Jackson**
*The front door opens at 6:30 a.m.
*If you need to cancel or reschedule your procedure, please call 979-292-0033 or 979-285-9948
***Our office requires a 24 hours notice if you are going to cancel or reschedule your appointment otherwise a \$100.00 cancellation fee will be billed to you.**

- Your GI Center at Pearland (Pearland Premier Surgery Center)**
2813 Smith Ranch Road, Pearland, TX 77584
* The front door opens at 7:00 a.m.
*If you need to cancel or reschedule your procedure, please call (713) 436-8171
***Our office requires a 24 hours notice if you are going to cancel or reschedule your appointment otherwise a \$100.00 cancellation fee will be billed to you.**

- Hospital * 24 hour notice still required to avoid \$100.00 fee for rescheduled or cancelled procedures.**

Patient Checklist:

- Purchase two Dulcolax **laxative** tablets (over the counter) and Prepopik (prescription given) from your local pharmacy.
- You MUST have a ride to and from the facility** because you will not be allowed to drive until 12 hours after the procedure. This is because anesthesia will be given to you to sedate you during your procedure. **If your ride must leave the facility, we must have a number (such as a cell phone number) to reach them on. If you do not have a ride in a timely manner, a cab may be called for you at your expense at the discretion of our ASC Nursing Staff.**
- Prescription blood thinners** (Coumadin, Warfarin, Plavix, Xarelto, Aggrenox) **must be stopped 5 days prior to the procedure** (aspirin is okay to take unless specifically instructed otherwise). All other medications can be taken on its normal schedule with a small sip of water.
- DIABETIC PATIENTS: NO** diabetic pill on the day of the procedure.
- If you use a Nebulizer**, please do a breathing treatment before coming for your procedure.
- If you use an inhaler**, bring it with you the day of your procedure.

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Pearland
2813 Smith Ranch Rd
Pearland, TX 77584
713-436-8171

Friendswood
1305 Parkwood Ave
Friendswood, TX 77546
832-808-9872

Lake Jackson
109 Parking Way
Lake Jackson, TX 77566
979-292-0033

Bay City
720 Avenue F North
Bay City, TX 77414
979-292-0033



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INSTRUCTIONS ON YOUR PREPARATION FOR THE COLONOSCOPY.

- **Two days before Colonoscopy:**
 - Take 2 Dulcolax tabs by mouth by 5 PM
 - Regular Diet this day.

- **The day before your Colonoscopy:**
 - Eat breakfast (regular meal) by 9:00 AM; afterwards follow a clear liquid diet for rest of day.
 - At 7 PM drink one dose of Clenpiq followed by five, 8 ounce glasses of clear liquid.
 - At 11PM take the 2nd dose of Clenpiq followed by an 8 ounce glass of water. **Nothing** further by mouth (no liquids, mints, gum, chewing tobacco, etc.). **Small amounts of water or ice chips are permitted until 2 hours prior to your procedure. FAILURE TO COMPLY WITH THIS CAN RESULT IN A DELAYED PROCEDURE TIME.**
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- **The day of your Colonoscopy:**
 - Still continue with nothing by mouth (no liquids, mints, gum, chewing tobacco, etc.) until after your procedure. Water is acceptable until 2 hours prior to your procedure. **FAILURE TO COMPLY WITH THIS CAN RESULT IN A DELAYED PROCEDURE TIME.**

*Clear liquids include all of the following that are not colored red or purple. Strained fruit juices **without** pulp only (apple, white grape, lemonade), water, clear broth or bouillon, coffee (without milk or nondairy creamer), Gatorade, carbonated and noncarbonated soft drinks. Kool-Aid, (or other fruit flavored drinks), plain jello (without added fruit or topping) and ice popsicles. Look under tab for DIETS in our website at www.yourgicenter.com and get detail list of foods for Clear Liquid Diets

**Bowel movements should be liquid and without particles/pieces of solid stool.

- **SEE ATTACHED INFORMATION FOR CLEAR LIQUID DIET.**

- **IF YOU ARE EXPERIENCING LOW SUGAR SYMPTOMS, IMMEDIATELY TAKE SOME SUGAR SOLUTION OR CLEAR JUICE SUCH AS APPLE JUICE.**

- **NO SMOKING AFTER MIDNIGHT.**

- **DO NOT TAKE FISH OIL, VITAMIN A, OR ANY OTHER OIL BASED MEDICATION OR VITAMINS FOR 3 DAYS PRIOR TO YOUR PROCEDURE.**

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CLEAR LIQUID DIET

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!

Food Group	Foods Allowed	Foods to Avoid
Milk & beverages <i>No red or purple liquids!</i>	Tea (decaffeinated or regular), carbonated beverages, fruit flavored drinks	Milk, Milk drinks
Meats & meat substitutes	None	All
Vegetables	None	All
Fruits & fruit juices	Strained fruit juices: apple, white grape, lemonade	Fruit juices with unstrained fruit
Grains & starches	None	All
Soups	Clear broth, consommé	All others
Desserts	Clear flavored gelatin, popsicles (no red or purple flavors)	All others
Fats	None	All
Miscellaneous	Sugar, honey, syrup, clear hard candy, salt	All others
Examples of Clear Liquid Diet:		
Breakfast	Lunch	Dinner
White grape juice	Apple Juice	Lemonade
Clear broth	Clear broth	Clear broth
Jell-O ^{®*}	Jell-O ^{®*}	Jell-O ^{®*}
Tea	Tea	Tea
<i>*plain only, no fruit or toppings</i>	<small>Jell-O is a registered trademark of Kraft General Foods, Inc.</small>	

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