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Colonoscopy Instructions

Patient: _____

Day of Surgery: _____ Arrival time: _____

Physician fees for endoscopies must be paid at the doctor's office 48 hour prior the test.

Preoperative Instructions for the night before the test:

- **Do not take Aspirin or pain killers containing Aspirin for 3 days prior the test.**
- You may take your blood pressure, heart, and lung medications the morning of the procedure. Hold any other medication for after the test.
- Do not take insulin or diabetic medication the morning of the procedure.
- **The day before the procedure you will have a clear liquid diet only. (No food at all)**
- **Start drinking the solution MIRALAX 8.3 Oz. Mix and dissolve the entire Miralax bottle in a gallon of water after 5:00 or 6:00 PM, the night before procedure. Drink one cup every 15 minutes until fully consumed. Do not drink any liquids including water after midnight. You will move your bowel as a result of drinking the solution.**
- Take 4 DULCOLAX tablets (available over the counter) after the entire gallon is consumed.
- The day of the procedure you cannot go to work. Please, arrange for a responsible adult to drive you back home after the test.

Procedure is scheduled at (please register on arrival)

Houston Office

_____ 9190 Katy Freeway Suite. 102 Ph# 713-647-9300
Houston, Texas 77055

_____ **Katy Office** Ph# 713-647-9300

24732 Kingsland Blvd.
Katy, Texas 77494

Important Notice: The Surgical Centers might use Pathology and, Anesthesiology Services that are out of network with your insurance

Insurance coverage

information:

Doctor Fee:



COLONOSCOPY INSTRUCTIONS

On the day before your procedure...

- Clear liquids ONLY; all day.
- DO NOT drink milk
- DO NOT eat or drink anything colored red or purple
- DO NOT drink alcoholic beverages

Any of the following liquids are OK to drink



Water



Strained fruit juices (without pulp) including apple, orange, white grape, or white cranberry



Limeade or lemonade



Coffee or tea. DO NOT use any dairy or non-dairy creamer



Chicken broth

A typical menu on the clear liquid diet may look like this.

Breakfast

- 1 glass pulp-free fruit juice
- 1 bowl gelatin
- 1 cup of coffee or tea, without dairy products
- Sugar or honey, if desired

Snack

- 1 glass fruit juice (pulp-free)
- 1 bowl gelatin

Lunch

- 1 glass pulp-free fruit juice
- 1 glass water
- 1 cup broth
- 1 bowl gelatin

Snack

- 1 pulp-free ice pop
- 1 cup coffee or tea, without dairy products, or a soft drink
- Sugar or honey if desired

Dinner

- 1 cup pulp-free juice or water
- 1 cup broth
- 1 bowl gelatin
- 1 cup coffee or tea, without dairy products
- Sugar or honey, if desired