

PEDRO M. ARGUELLO, M.D., F.A.C.P., P.A.
Board Certified in Gastroenterology and Internal Medicine
Ph# 713-647-9300 Fax: 713-647-5582

Colonoscopy Instructions

Day of Surgery: _____ Arrival time: _____

Preoperative Instructions for the day before the procedure:

Do not take Aspirin or pain killers containing Aspirin for 3 days prior the test. (Cardiologist or Hematologist clearance must be on file if you are taking Anticoagulants)

Call us if you are taking any of the following medications:

Coumadin(Warfarin), Pradaxa(Dubigatran), Xarelto(Rivavoxaban), Eliquis(Apixaban), Plavix(Clopidogrel), Effient(Prasugrel), Brilinta(Ticagrelor)

- The day of the procedure you cannot go to work. Please, arrange for a responsible adult to drive you back home after the test. (No Uber or Lyft)
- **One day before your procedure you can only have “CLEAR” Liquids. Read attached instructions.**
- Start drinking the solution **SUPREP/CLENPIQ/ SUFLAVE**, Any time after 4:00PM, and no later than 7:30 PM. **See attached prescription.**
- **Follow the attached instructions. Do not drink any liquids the morning of the procedure.**
- Do not take insulin or diabetic medication the morning of the procedure.
- You may take your blood pressure, heart, and lung medications the morning of the procedure with just a sip of water. Please hold off on any other medications until after the test.

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

Procedure is scheduled at (please register on arrival)

____ **PEDRO M. ARGUELLO, M.D. – HOUSTON - 713-647-9300**
9190 KATY FREEWAY STE 102 HOUSTON TEXAS 77055

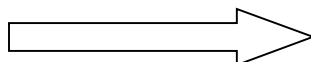
____ **PEDRO M. ARGUELLO, M.D. – KATY – 713-647-9300**
24732 KINGSLAND BLVD. KATY, TEXAS 77494

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

Physician Fee: _____

Anesthesia: _____

**Procedure fees are due
BEFORE the exam.
Thank you.**



3 DAYS BEFORE the procedure;

Eat a LOW RESIDUE DIET, that is, a diet that limits foods that are high in fiber.

HIGH-FIBER FOODS TO AVOID ARE:

- Whole meal breads, oatmeal/cereals, granola
- Nuts, seeds, raw/dried vegetables or fruit (AVOID salads)
- Beverages with pulp
- Nutritional supplements containing fiber
- Bell pepper, beans, corn/popcorn

FOODS YOU CAN EAT INCLUDE:

- Cream of wheat/semolina, white rice and refined pasta/noodles
- Fresh/canned cooked vegetables
- Seedless vegetables, including asparagus, beets, carrots, mushrooms, green beans and skinless potatoes
- Bananas, soft melons (cantaloup and green meat), avocado
- Chicken, fish, beef, tofu, eggs
- Butters/oils, sauces and dressings without lumps
- Cookies, pudding, ice cream without nuts or seeds

1 DAY BEFORE the procedure:

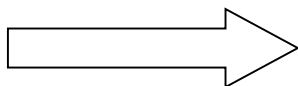
CLEAR LIQUID DIET, that is, a diet composed solely of liquids that would allow you to read a newspaper through them.

THE CLEAR LIQUID DIET INCLUDES:

- Water, coffee or tea with no milk.
- Clear fruit juices without pulp (apple, white grape, white blueberry, lemonade, etc.)
- Clear non-carbonated sports drinks (Gatorade lemon or orange flavor)
- Store-bought broth with less than 1% fat (chicken, beef, vegetable or bones)
- Popsicles or gelatin (such as Jell-O) of Lemon or Orange. No milk, smoothies or shakes of any kind.

PERSONAL BELONGINGS: Leave all jewelry and other valuables at home. Do not wear contact lenses on the day of your procedure. If you wear glasses, hearing aids, or dentures, bring a case to store these items during your procedure. Do not have long nails, do not use perfume, or makeup.

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STAY HYDRATED with a minimum of 12 tall glasses (8 to 10 ounces each) of clear liquids throughout the day, plus what you drink with your bowel preparation medication to prevent dehydration

1 DAY BEFORE the procedure, you should also TAKE THE COLONIC PREPARATION MEDICATION (Laxative).

Please follow THESE instructions.

The kit contains two bottles of medicine.

Drink the first bottle between 4:00 pm and 7:00 pm followed by two glasses of water and more liquids than allowed. **Suprep or ClenPiq** should be mixed with water. For **Suflave** add water until the indication on the bottle.

Drink the second bottle between 9:00 pm and 11:00 pm followed by two glasses of water. After midnight do not drink more liquids, you should be fasting.

After your procedure:

You will spend some time in the recovery unit, where nurses will monitor your condition. Once they see that it is safe, they will allow you to leave with your driver/companion. You will receive a hard copy of the colonoscopy results for your own records. Once home, you will be able to resume your normal diet and take your medications. That day do not operate machinery, or make important decisions.