

Dear \_\_\_\_\_

We have scheduled your appointment for a **Colonoscopy**.

Appointment Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Procedure Time: \_\_\_\_\_

Please check in at:

**Admitting - Jonsson Building (1<sup>st</sup> Floor)**  
3501 Junius Street, Dallas TX 75246

Please call our office with any questions/concerns/reschedules. Please give at least a 24 hour notice for reschedules. Our office number is (469) 800-7180.

Thank you.

Baylor Center for Inflammatory Bowel Diseases  
Dr. Themistocles Dassopoulos, M.D.

### **ONE WEEK BEFORE YOUR COLONOSCOPY:**

If you are taking blood thinners (e.g., Coumadin, heparin, Lovenox, Plavix, Ticlid, or Persantine) or have a bleeding disorder, please discuss this with your physician at least a week prior to the procedure.

### **DAY BEFORE THE PROCEDURE:**

#### **1. What to eat & drink:**

- a. **Breakfast:** You may have a normal breakfast.
- b. **Lunch:** Eat lunch before 1.p.m. You may only have a light lunch. Avoid any greasy or fatty foods.
- c. Prepare your prep according to the instructions and refrigerate it for use that evening.
- d. **Dinner:** Have a clear liquid dinner. Liquids; such as broth, water, tea, black coffee, apple juice, club soda, popsicles, and sport drinks (Gatorade/Powerade). You can NOT have milk, orange juice, pineapple juice, and coffee with cream. Do not ingest red or purple liquids or gelatin (grape juice, cranberry juice, Kool-Aid, cherry or grape gelatin). Dinner should be completed by 5p.m.
- e. After dinner you will begin your prep.

#### **2. Begin your Prep:**

- a. Refer to your prep for step by step instructions
- b. About an hour after you begin your prep, you will start having loose, watery bowel movements. If nausea or vomiting occurs, stop drinking for 30 minutes and then resume the prep.
- c. You can only drink clear liquids, such as broth, water, tea, club soda, etc. Be sure to drink plenty of fluids to keep hydrated.
- d. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT**

## DAY OF THE PROCEDURE:

1. You may take your regular medications with a little water the morning of your procedure, unless otherwise instructed by your physician.
2. If you are diabetic, please only take ½ of your usual dose of insulin in the morning (or as instructed by your physician). If you take a pill for your diabetes, please do not take it the morning of your colonoscopy.

## RECOVERY:

After your procedure you will be taken to the recovery area in the GI Lab. Your family may join you there. It may be helpful to have a family member present when the doctor discusses your procedure and treatment plan with you so you remember all that is said. When you are ready to go home the nurse will discuss instructions and answer your questions. **You may not drive yourself home. For your own safety, you will not be discharged from the GI Lab unless a responsible adult is present to either drive you home or accompany you in a taxi or on public transportation.**

## AT HOME INSTRUCTIONS:

You will be given specific written instructions about resuming your medications and diet.

- You may return to work or school the day after your test.
- Do NOT drive a vehicle or operate machinery for at least 12 hours after your procedure.
- Do NOT make any major legal or financial decisions the day of your test.
- Do NOT drink alcoholic beverages for at least 12 hours following your procedure.

See the attached campus map for directions and parking instructions.