

For Our Direct Colonoscopy Patients

Please Read These Instructions Carefully

IN ADVANCE:

Your physician's office has arranged your colonoscopy at Kelsey-Seybold Clinic's Ambulatory Surgery Center. The Endoscopy nurse will call you and review your health history and pre-procedure instructions and help answer any questions you may have about your procedure.

If you will not be at home 24 to 72 hours prior to your procedure, or if there is another number, where you would like us to contact you, please call **713-442-3370**, Monday-Friday, 8 a.m. to 3 p.m., and leave your name, telephone number and the date of your procedure.

Please arrange for a responsible adult to drive you home and stay with you for the first 24 (8-12) hours following your procedure. This helps ensure that Kelsey-Seybold is in compliance with state and federal health and safety regulations, on your behalf.

Although the procedure itself takes only 20-30 minutes, be prepared to spend about 3 hours at our facility.

If you need to cancel the procedure, call the Gastroenterology Clinic at **713-442-0520** as soon as possible to cancel the procedure and reschedule. If calling after hours, please call the Ambulatory Surgery Center at **713-442-3370** leave a message stating your name, physician name and the reason for cancellation.

If you are taking:

Coumadin: STOP taking it 5 days prior to your procedure:

Plavix: STOP taking it 10 days prior to your procedure.

Aspirin or Aspirin-like products: STOP taking them 7 days before your procedure.

Fish oil and/or iron tablets: STOP taking them 3 days prior to your procedure.

However, talk to your prescribing physician ahead of time in the event he or she may want you to be on another medication during this short period of time.

PRE-PROCEDURE INSTRUCTIONS

Your physician has prescribed a bowel prep; please follow the instructions carefully. If you have questions specific to your prep, please call the Endoscopy nurse at **713-442-3370**.

Please complete the entire prep. If you are unable to complete the prep, it is important that you notify your physician immediately by calling the Gastroenterology Clinic at **713-442-0520**.

SPECIAL PRE-PROCEDURE INSTRUCTIONS

- Do refrain from smoking 12 hours prior to your procedure.
- Do not wear contact lenses. Leave them at home or bring a case for their safekeeping.
- Do wear loose, comfortable clothing.
- Do leave jewelry, valuables, cash and credit cards at home, except for what is needed to take care of any financial obligations you may have.

THE DAY OF PROCEDURE

If you normally take blood pressure medications, steroids or thyroid medicine **DO TAKE** them that day with a small sip of water. For all others (especially insulin and diabetic medications), **DO NOT TAKE unless instructed otherwise.**

You may have a small amount of water until 4 hours before arrival time at the Endoscopy Center.

Be sure to arrive at the assigned time. Upon arrival, you will be asked to complete registration paper work and finalize your financial arrangements.

Women: A urine pregnancy test is required on all women (of childbearing age between 12 and 55), who have not had a hysterectomy or tubal ligation.

AFTER YOUR COLONOSCOPY

You will be taken to the recovery area where our staff will care for you until you are awake and comfortable (30-60 minutes).

Your doctor will come back to the Recovery Room and briefly review your procedure results as well as give you instructions pertaining to diet and medications to restart or hold for a few days. If a biopsy was done or polyp(s) removed, your doctor will inform you how you will receive the results.

You will be provided with instructions for follow-up care at home, along with contact phone numbers to call if you have questions or concerns after discharge.

You may experience some drowsiness and increased gas and bloating after the procedure. These symptoms may gradually disappear as time goes passes.

Due to the effects of sedation, you may not drive, use power equipment, eat a heavy meal, sign important papers, make any important decisions or stay by yourself until the day after the procedure.

Anesthesia, pathology and laboratory services may be billed separately, based upon your insurance coverage.

For questions regarding your insurance coverage, please call **713-442-3300**.

If you have any questions, concerns or begin to have any serious problems, please contact your physician. You may also contact the Kelsey-Seybold Contact Center, which is available 24 hours a day, at 713-442-0000.