Please call 713-798-0960 if you have any scheduling changes and have this List with you.

Day:  Date:  Arrival Time:  Procedure Time:

Location

☐ McNair Endoscopy Center:
7200 Cambridge St. 4th Floor
Houston TX 77030

☐ Methodist Hospital
Neuro sensory Building/Jones Towers 6501
Fannin 7th floor Houston, TX 77030
Tel: 713-394-6805 *Please call and preregister

☐ St. Luke’s Towers:
6624 Fannin- 9th floor
Houston, TX 77030
Tel: 832-355-8001

☐ St. Luke’s Main Hospital:
6720 Bertner- 1st floor Admitting
Houston, TX 77030
Tel: 832-355-3518

Important Phone Numbers:
1. Baylor Insurance questions: 713-798-9001
3. For prep information: 713-798-1121
4. To reschedule/cancel your procedure:  713.798.0960
5. After hour questions, including prep related:  713.798.0950

Baylor Gastroenterology Providers

Dr. Wasif Abidi  Dr. Johanna Chan  Dr. Khushoo Munot
Dr. Suneal Agarwal Dr. Hashem El-Serag  Dr. Mohamed Othman
Dr. Sharmila Anandasabapthy Dr. Jason Hou  Dr. Kalpesh Patel
Dr. Lubin Arevalo  Dr. Manreet Kaur  Dr. Waqar Qureshi
Dr. Lubin Arevalo  Dr. Nabil Mansour  Dr. Richa Shukla
COLONOSCOPY TO DO LIST

7 DAYS BEFORE THE PROCEDURE

- If your provider has instructed, obtain cardiac clearance from your cardiologist and confirm that clearance has been faxed to our office (Fax 713.798.0951).
- If your provider has instructed, please stop use of medications that can thin your blood - see last page for details.
- Sign up for Baylor MyChart – All results including biopsy and / or polyp(s) removed will be communicated via MyChart.
- Pick up your bowel cleansing preparation from your pharmacy.
- Arrange transportation for the day of your procedure – an escort is needed as you will be sedated for the exam.

DAY BEFORE THE PROCEDURE

- No solid foods. No dairy, or liquids that are red, orange, or purple in color.
- Examples of acceptable foods / liquids are plain broth, jello, popsicles, tea, clear juices and carbonated drinks.
- No vegetable soup.
- Take the bowel prep as instructed on the next page

DAY OF THE PROCEDURE

- You cannot consume any food or drink (including water)
- You may brush your teeth and rinse your mouth.
- Take all medications as directed by your doctor with a small sip of water.
- Bring your identification card, insurance card, and method of payment.
- Leave all other valuables at home.
- You CANNOT drive yourself from the procedure. Use of bus, taxi or Uber without an escort is not allowed for safety reasons.
- Arrive for check-in at least 90 minutes before your procedure time. Allow additional time for parking and navigation to the procedure location.

For additional information: please visit www.bcm.edu/colonoscopy
BOWEL PREP INSTRUCTIONS:

SUPREP

DAY BEFORE YOUR PROCEDURE AT 6:00PM
- Pour ONE 6 ounce bottle of Suprep liquid into the 16 ounce mixing container in the kit
- Add cool drinking water to the 16 ounce line on the container with the mix. Stir.
- Drink all the liquid in the container
- You must drink TWO more 16 ounce containers (total of 32 ounces) of water over the next hour

FOUR HOURS BEFORE YOU LEAVE YOUR HOME FOR THE PROCEDURE
- Pour ONE 6 ounce bottle of Suprep liquid into the 16 ounce mixing container in the kit
- Add cool drinking water to the 16 ounce line on the container with the mix. Stir.
- Drink all the liquid in the container
- You must drink TWO more 16 ounce containers (total of 32 ounces) of water over the next hour

GOLYTELY

DAY BEFORE YOUR PROCEDURE AT 6:00PM
- Add cold water to fill the gallon container. You may flavor the gallon with crystal light as long as it is not red/purple in color.
- Drink ½ of the gallon (2 liters) over 2 hours.

FOUR HOURS BEFORE YOU LEAVE YOUR HOME FOR THE PROCEDURE
Drink the remaining half gallon (2 liters) over 90 minutes.

For additional information: please visit www.bcm.edu/colonoscopy
Please check with your doctor **BEFORE** stopping any medications

**Note: You may continue to take baby aspirin (81mg) until the day of your procedure**

<table>
<thead>
<tr>
<th>Anticoagulant</th>
<th>Recommended time between last dose and procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warfarin (Coumadin)</td>
<td>Management through your doctor or Anticoagulation Clinic</td>
</tr>
<tr>
<td>Enoxaparin (Lovenox)</td>
<td>Management through your doctor or Anticoagulation Clinic</td>
</tr>
<tr>
<td>Fondaparinux (Arixtra)</td>
<td>2 days</td>
</tr>
<tr>
<td>Dabigatran (Pradaxa)</td>
<td>3 days</td>
</tr>
<tr>
<td>Rivaroaxaban (Xarelto)</td>
<td>3 days</td>
</tr>
<tr>
<td>Apixaban (Eliquis)</td>
<td>3 days</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Antiplatelet</th>
<th>Recommended time between last dose and procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aspirin</td>
<td>7 days</td>
</tr>
<tr>
<td>Aspirin/Dipyridamole (Aggrenox)</td>
<td>7 days</td>
</tr>
<tr>
<td>Clopidogrel (Plavix)</td>
<td>7 days</td>
</tr>
<tr>
<td>Ticlopidine (Ticlid)</td>
<td>7 days</td>
</tr>
<tr>
<td>Prasugrel (Effient)</td>
<td>7 days</td>
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<tr>
<td>Ticagrelor (Brilinta)</td>
<td>7 days</td>
</tr>
<tr>
<td>Cilostazol (Pletal)</td>
<td>2 days</td>
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