



Improve your outcome

Pt.

Thank you for scheduling your **Inpatient/ Outpatient surgery** with Dr. Keller / Dr. Kardys

The following instructions are for your procedure scheduled on

Please report to admitting @ **Methodist Ambulatory Surgery Center @ Medical Center, 4411 Medical Drive # 200 SA Tx 78229, t# 210-575-4731 ,OR** **Methodist Ambulatory Surgery Center @ North Central, 19010 Stone Oak Parkway, SA Tx, 78258, t# 210-575-5234, OR Methodist Hospital (see map) , OR** **Methodist Specialty & Transplant Hospital (see map) , OR** **Methodist Ambulatory Surgery Center @ Boerne, 110 Menger Springs, Boerne Tx, 78006 , T# 830-331-6006 , or Christus Santa Rosa Hospital @ West Over Hills (see map) , St. Luke's Baptist Hospital (see map)**

Preparation for your colonoscopy or surgery:

You will start your preparation the day before your procedure. You will start a clear liquid diet and continue for the remainder of the day which will consist of the following: start liquids on up until midnight day before surgery.

1. Water (plain, carbonated or flavored)
2. Sports drinks (Gatorade, Powerade)
3. Clear broth, bullion or consommé
4. Soda pop (sprite, 7up, ginger ale)
5. Jell-O (no fruit)
6. Coffee and teas (no creamer or milk)
7. Kool-Aid or Crystal Lite
8. Apple juice, cranberry juice (without pulp)
9. Hard candies
10. Sugar or sugar substitute
11. Popsicles without milk, bits or fruit, seeds or nuts

Not Allowed

1. Milk, cream, or milk products
2. Orange juice, tomato juice, grapefruit juice
3. Alcohol

4. Any liquid you **cannot** see through
- 5.

10:00 AM	Drink 10oz bottle of Magnesium Citrate- Day before procedure.

Very Important: NO ASPIRIN OR ANY ANTI-INFLAMATORY MEDICATIONS (ALEVE, ADVIL, MOTRIN, VITAMIN E, FISH OIL, OR BLOOD THINNERS). BEGINNING 7 DAYS PRIOR TO THE PROCEDURE. TYLENOL IS THE SAFEST MEDICATION TO TAKE. STOP ANY HERBAL MEDS (IE.: GINKOBA, GARLIC, GINSENG, ETC.)

THE DAY OF THE PROCEDURE, IF NECESSARY, ONLY TAKE BLOOD PRESSURE MEDICATION WITH A SIP OF WATER & HOLD OFF ON ANY OTHER MEDS UNTIL AFTER THE PROCEDURE.

THE DAY OF THE PROCEDURE, IF NECESSARY, TAKE BLOOD PRESSURE MEDICATION WITH SIP OF WATER.

1. Please arrive at the facility in admitting @
2. Your procedure is scheduled @
3. You must have a driver to take you home.

Please note: Your surgical procedure is performed in a room which must be reserved well in advance. Due to the complexity of scheduling, cancellations must only be in cases of emergencies. If you need to cancel this procedure, it is imperative you give the scheduler notice of at least 5 days or as soon as possible prior to the date.

Please contact CHRIS PEREZ

at (210)614-0880

Please do not hesitate to contact us with any questions at all.

