



Improve your outcome

Pt: Thank you for scheduling your surgery with Dr. Keller / Outpatient Surgery

The following instructions are for your procedure scheduled on

Please report to admitting or registration department at **Methodist Ambulatory Surgery Center @ Medical Center, 4411 Medical Drive # 200 SA Tx 78229, t# 210-575-4584 ,OR Methodist Ambulatory Surgery Center @ North Central, 19010 Stone Oak Parkway, SA Tx, 78258, t# 210-575-5200, 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, 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

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 any color (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

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.

Follow these instructions:

Fill the prescription for Golytely, Nulytely, Polyethylene or Colyte)

- Mix the laxative preparation as directed on the label & place it in the refrigerator for a few hours to chill before drinking
- **At 7:00pm the day before the procedure begin drinking the laxative preparation (** Golytely, Nulytely, PEG -3550, Polyethylene or Colyte). Drink one-8-ounce glass every 10 minutes until the entire bottle is consumed. You should complete drinking the laxative preparation by 10:00 pm. Drink the preparation with a straw, this may make it easier to consume. You may add the flavor packet provided with the medication but **do not** add additional flavoring to the liquid.
- If you experience vomiting stop drinking the preparation for 20-30 minutes, then restart & finish the remainder of the preparation. If you are unable to finish the due to vomiting call a Medical Assistant @ Texas Oncology Colon & Rectal Physician's office # 210-614-0880.

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

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

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.

