



*Improve your outcome*

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

The following instructions are for your procedure scheduled on

Report to admitting or registration department @ **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 ) , Methodist Endoscopy Center , 4499 Medical Drive, Methodist Plaza Building, Sublevel 1, San Antonio , Tx 78229 210-575-4999 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) Christus Surgery Center- Alamo Heights, 423 Treeline Park, Suite 202, SA TX 78209, T# 210-949-6000**

**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-INFLAMMATORY 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.**

**Bowel preparation for your procedure (Follow these instructions NOT the ones on the Box)**

Suprep Bowel prep Kit both 6-ounce bottles are required for a complete prep. **Note: DILUTE THE SOLUTION CONCENTRATE AS DIRECTED PRIOR TO USE. DRINK ALL THE LIQUID IN THE CONTAINER.**

**FIRST DOSE:** to be stated @ 1pm on:

**YOU MUST DRINK TWO ADDITIONAL 16 OUNCE CONTAINERS OF WATER OVER THE NEXT HOUR**

**SECOND DOSE:** 5pm on:

**YOU MUST DRINK TWO ADDITIONAL 16 OUNCE CONTAINERS OF WATER OVER THE NEXT HOUR**

**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 @
4. **\*\*\*\*\*PER DR KARDYS – Patients must call the office after a colonoscopy, Flexible sigmoidoscopy or EGD & schedule a follow up Telmed visit 7-14 days after procedure .**

*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.*

