



**CAPITAL
DIGESTIVE
CARESM**
First in Digestive Health

Capital Gastroenterology Consultants

Patient Instructions:
Upper Endoscopy/Colonoscopy
(Capital Digestive Care Prep Kit)

Procedure Date: _____

Procedure Time: _____

Arrive at: _____

Procedure Location:

Silver Spring
10801 Lockwood Dr, Ste 110
Silver Spring, MD 20901
301.593.5110

Rockville
15005 Shady Grove Rd, Ste 300
Rockville, MD 20852
301.762.1280

Due to cancellations or physician emergencies, your procedures **time** may change. You will be called the day before to confirm **all** appointment instructions. PLEASE ALLOW ABOUT 2 HOURS TOTAL TIME FOR ALL ASPECTS OF YOUR PROCEDURES.

SEE REVERSE FOR INSTRUCTIONS, PLEASE REVIEW CAREFULLY AT LEAST SEVEN (7) DAYS BEFORE YOUR PROCEDURES.

ABOUT YOUR PROCEDURE

You received from your physician a **CDC Colon Prep Kit**. Mix according to the directions given on this instruction sheet. .

You will be sedated with an intravenous medication, and that will impair your judgment and perception. After the procedure you will have time to rest, however, you must **make arrangements for transportation home with a responsible adult** since lingering effects of the medication will make operating a motor vehicle hazardous for 24 hours after the procedure. *If these arrangements are not made before you come to the facility, your procedure will be cancelled. No one will be allowed to leave in a taxi without a responsible adult (someone 18 or older) to accompany him or her.*

SEVEN (7) DAYS BEFORE YOUR PROCEDURE

Do not take any **aspirin** (including Ecotrin, Bufferin, and Anacin) as well as, **iron** or iron-containing vitamins; or herbal supplements like Ginseng, Gingkoa, fish oil, Omega 3, and Garlic. If you take Plavix, Coumadin, Heparin and Lovenox, consult with your physician to know when they should be stopped.

FOUR (4) DAYS BEFORE YOUR PROCEDURE

Do not take **anti-inflammatories** (e.g., ibuprofen, Advil, Motrin, Aleve, etc.). However, Celebrex may be continued up to the day of the procedure. You can take **Acetaminophen** or **Tylenol** for discomfort.

TWO (2) DAYS BEFORE YOUR PROCEDURE

Do not eat any foods containing seeds such as tomatoes, cucumbers, rye bread, corn, celery, popcorn and nuts.

THE DAY BEFORE YOUR PROCEDURE

Do not eat any solid foods or dairy products. Drink only clear liquids for breakfast, lunch and dinner. Clear liquids include clear juices such as apple, grape and cranberry, clear broth or bouillon, tea and coffee (without milk or creamer), Jell-O, Italian ices, sodas, Gatorade, Kool Aid and water. **Drink plenty of fluids throughout the day. Jell-O, ices or any drinks with artificial red, purple or orange coloring are not allowed.**

THE DAY BEFORE YOUR PROCEDURE (CONT.)

If you are taking any medications (prescription or nonprescription) for any reason, please check with the doctor to determine whether or not to take your medications on the day of your procedure. **Please take all heart and blood pressure medications up to and including the day of your procedure.** If you are diabetic, do not take Metformin/Glucophage for 24 hours prior to your procedure. Hold all other oral diabetic medications the morning of your procedure. **Please bring to your appointment all inhalers that you use.**

TAKING YOUR PREP

THE PREP KIT CONTAINS: Two Bisacodyl tablets, one 8.3 oz bottle of PEG 3350 (generic Miralax) and one bottle of Magnesium Citrate.

YOU MUST PURCHASE A 64 oz bottle or two 32oz bottles of Gatorade (Not red & Not Powdered). An alternative to Gatorade would be 32oz of a clear juice and 32oz of water.

The day before your procedure:

Step 1: at **2:00PM**, take **2 Bisacodyl tablets**.

Step 2: **Between 6PM –8PM**. Mix 1 bottle of PEG 3350 (generic for Miralax) with 64 oz of Gatorade in a large pitcher (or 32oz of water and 32oz of a clear juice). **Drink one 8oz glass of the solution every 15 minutes until the solution is gone.** Continue to drink clear liquids until going to bed.

The day of your procedure:

Step 3: **Six hours before your procedure, drink the 10oz bottle of Magnesium Citrate.** You may continue drinking clear liquids up to four hours before your procedure.

During the 4 hours before your procedure, take nothing by mouth, not even water or chewing gum. However, you may still brush your teeth prior to the procedure. Please do not wear perfumed products to the appointment

NOTE: Individual response to laxatives may vary. Please remain within easy reach of bathroom facilities.

ABOUT YOUR PROCEDURES

You need to receive a prescription from your physician to obtain 1 gallon of Colyte/GoLyte/Trilyte/Nulytely from your local pharmacy. Mix according to directions on the day of your procedure.

You will be sedated with an intravenous medication, and that will impair your judgment and perception. After the procedures you will have time to rest, however, you must **make arrangements for transportation home with a responsible adult (18 or older)** since lingering effects of the medication will make operating a motor vehicle hazardous for 24 hours after the procedures. *If these arrangements are not made before you come to the facility, your procedures will be cancelled.* **No one will be allowed to leave in a taxi without a responsible adult (someone 18 or older) to accompany them.**

SEVEN (7) DAYS BEFORE YOUR PROCEDURES

Do not take any **aspirin** (including Ecotrin, Bufferin, and Anacin) as well as, **iron** or iron-containing vitamins; or herbal supplements like Ginseng, Gingko, fish oil, Omega 3, and Garlic. If you take Plavix, Coumadin, Heparin and Lovenox, consult with your physician to know when they should be stopped.

FOUR (4) DAYS BEFORE YOUR PROCEDURES

Do not take **anti-inflammatories** (e.g., ibuprofen, Advil, Motrin, Aleve, etc.). However, Celebrex may be continued up to the day of the procedures. You can take **Acetaminophen** or **Tylenol** for discomfort.

THREE (3) DAYS BEFORE YOUR PROCEDURES

Do not eat any foods containing seeds such as tomatoes, cucumbers, rye bread, corn, celery, popcorn and nuts.

THE DAY BEFORE YOUR PROCEDURES

Do not eat any solid foods or dairy products. Drink only clear liquids for breakfast, lunch and dinner. Clear liquids include clear juices such as apple, white grape and cranberry, clear broth or bouillon, tea and coffee (without milk or creamer), Jell-O, Italian ices, sodas, Gatorade, Kool Aid and water. **Drink plenty of fluids throughout the day. Jell-O, ices or any drinks with artificial red, blue, purple or orange coloring are not allowed.**

THE DAY BEFORE YOUR PROCEDURE (cont.)

If you are taking any medications (prescription or nonprescription) for any reason, please check with the doctor to determine whether or not to take your medications on the day of your procedures. **Please take all heart and blood pressure medications up to and including the day of your procedures.** If you are diabetic, do not take Metformin/Glucophage for 24 hours prior to your procedures. Hold all other oral diabetic medications the morning of your procedure. **Bring to your appointment all inhalers that you use.**

TAKING YOUR PREP

☐ **Step 1.** The **day before** your procedures at **6:00pm**, start drinking half of the full gallon of Colyte/GoLyte/Trilyte/Nulytely. Take an 8 fl. oz. glass of the solution every 10 – 15 minutes. You should finish taking the first half of the prep in less than 2 hours.

Step 2. SIX hours prior to your procedure, start drinking the remaining half of the full gallon of Colyte/GoLyte/Trilyte/Nulytely at a rate of a 8 fl. oz glass of the solution every 10-15 minutes. You should finish the remaining half of the prep in less than 2 hours.

OR

☐ **Step 1: The day before your procedure at 2:00 PM**, take 2 bisacodyl tablets. (sold over the counter)

Step 2: At 6 PM, drink ¼ of the gallon of solution over 1 hour. You should drink at a rate of one 8 fl. oz. glass every 10-15 minutes

Step 3: Six hours prior to your scheduled procedure, drink another ¼ of the gallon of solution. You should drink more than this if your bowel movements are not clear.

You may continue drinking clear liquids up to four hours before the procedures. **During the 4 hours before your procedures, take nothing by mouth, not even water or chewing gum. However, you may still brush your teeth prior to the procedure. Please do not wear perfumed products to the appointment.**

NOTE: Individual response to laxatives may vary. Please remain within easy reach of bathroom facilities.