



Birns, Gloger, Witten & Bhinder, MD

Patient Name: _____

**INSTRUCTIONS FOR IRC PREPARATION
Infrared Coagulation
WITHOUT SEDATION**

Date: _____

Time of Procedure: _____

Time of Prep: _____

Arrival Time: _____

Location: _____ **Urbana GI Endoscopy Center**
3280 Urbana Pike, Suite 104 Ijamsville, MD 21754
240-436-6440

_____ 9711 Medical Center Dr., Suite 308
Rockville, MD 20850
301-251-1244, option #3

_____ 3280 Urbana Pike, Suite 204
Ijamsville, MD 21754
301-810-5252

ONE WEEK BEFORE THE PROCEDURE

You may take Tylenol as needed.

There are some medications to be held prior to your procedure.

- **Aspirin or Aspirin products** (including Excedrin) should be held for 1 week prior to the procedure. If prescribed by a physician, consult with that doctor first about your ability to safely hold these medications.
- **NSAIDS (Nonsteroidal Anti-Inflammatory Drugs)** such as Advil, Motrin, Aleve, etc. should be held for 3 days prior to the procedure.
- **Prescribed NSAIDS** (Voltaren, Relafen, Celebrex, Indocin, etc) should be discussed with your prescribing physician to see if you can safely hold for 3 days prior to procedure.
- **Blood Thinners** (Coumadin, Plavix, Persantine, Pradaxa, Xarelto, Aggrenox, etc.) should be discussed with your prescribing physician to see if you can safely hold for 3 days prior to procedure.
- All diabetic patients taking **insulin/oral hypoglycemic medications** should contact a nurse in regard to holding these medications prior to the procedure. You can reach an RN at the Urbana Endo Center at the number above.

YOU WILL NEED:

Two (2) Fleet Enema (green and white box)

DAY OF PROCEDURE

- Morning of the procedure, use one (1) Fleet Enema; please follow the directions on the box.
- Approximately 2 hours before leaving for your appointment use the remaining Fleets Enema.

Please call the location of where you are having your procedure if you need to cancel your appointment. We require a 72 hour reschedule/cancellation notice.