



Birns, Gloger, Witten & Bhinder, MD

Patient Name: \_\_\_\_\_

**INSTRUCTIONS FOR IRC PREPARATION  
Infrared Coagulation  
WITH SEDATION**

Date: \_\_\_\_\_

Time of Procedure: \_\_\_\_\_

Time of Prep: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Location: \_\_\_\_\_ **Urbana GI Endoscopy Center**  
3280 Urbana Pike, # 104 Ijamsville, MD 21754  
240-436-6440

**You must have someone drive you home.** If you plan to take a taxi home, you must have someone accompany you. You will be ready to be discharged ½ to 1 hour after your procedure is complete.

**Please leave all valuables and jewelry at home. Refrain from wearing cologne, perfumes or lotions.**

**Please remember we require a 72 hour reschedule/cancellation notice or you may be charged a cancellation fee.**

**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.
- DO NOT eat any solid foods for 8 hours prior to the procedure.
- DO NOT drink anything for 4 hours prior to the procedure.

**\*\*\*You must be totally fasting 4 hours before the procedure. This means you may have nothing to eat, drink, smoke, or chew for 4 hours prior to the procedure.**