

ENDOSCOPIC SURGICAL CENTRE OF MARYLAND, LLC  
10801 Lockwood Drive, Suite 110  
Silver Spring, MD 20901  
Phone: (301) 593-5110 Fax: (301) 593-6269  
TTY Users call Maryland Relay # 711

ENDOSCOPIC SURGICAL CENTRE OF MARYLAND-NORTH, LLC  
15005 Shady Grove Road, Suite 300  
Rockville, MD 20850  
Phone: (301) 762-1280 Fax: (301) 762-5678  
TTY Users call Maryland Relay # 711

You are scheduled for a Colonoscopy/EGD at \_\_\_\_\_ by Dr. \_\_\_\_\_

On: \_\_\_\_\_ **Arrival time:** \_\_\_\_\_ Procedure time: \_\_\_\_\_

Due to cancellations or physician emergencies, your procedure time may change. You will be called the day before to confirm all appointment instructions. PLEASE ALLOW ABOUT 2 ½ HOURS TOTAL TIME FOR ALL ASPECTS OF YOUR PROCEDURE.

**PLEASE REVIEW THESE INSTRUCTIONS CAREFULLY AT LEAST SEVEN (7) DAYS BEFORE YOUR PROCEDURE.**

#### ABOUT YOUR PROCEDURE

You will be sedated for your procedure. You must be accompanied home by a responsible adult. You may not operate motor vehicles until the following day. *If these arrangements are not made before you come to the facility, your procedure will be cancelled.* **You may not walk, ride a bike or take the bus home. No one will be allowed to leave in a taxi, Uber or Lyft, unless accompanied by a responsible adult (over 18 years old).** \*CENTRE closes at 4:30PM. Therefore, if your procedure is in the afternoon, your ride must be at the Centre by 4:30PM.

#### SEVEN (7) DAYS BEFORE YOUR PROCEDURE

Do not take any herbal supplements like Ginseng, Ginkgo, fish oil, Omega 3, Garlic and Vitamin E.

#### 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**.

**Do not eat any food containing seeds such as tomatoes, cucumbers, rye bread, corn, celery, popcorn, nuts, beans, quinoa, chia and flax seeds.**

#### THE DAY BEFORE YOUR PROCEDURE / SEE PREP INSTRUCTIONS

**DRINK ONLY CLEAR LIQUIDS ALL DAY. Do not eat any food or drink dairy products such as milk, Ensure, nutritional supplements or protein drinks.** Clear liquids include clear juices such as apple, white grape and white cranberry, clear broth or bouillon, tea and coffee (without milk or creamer), Jell-O, Italian ices, sodas, Kool aid, Gatorade and Water. **Drink at least 48oz. of fluids during the day before taking the prep. Jell-O, ices or any drinks with artificial red and purple coloring are not allowed.**

#### SPECIAL INSTRUCTIONS

**During the 4 hours before your procedure, take nothing by mouth, not even water or chewing gum, except for a small sip of water if needed for your medications. However, you may still brush your teeth prior to the procedure. Please do not wear any perfumes or lotion or cream products to the appointment.**

**Please take heart, blood pressure, Parkinson's, seizure and asthma medications on the day of procedure. Please bring asthma inhalers with you to your appointment. Stop Metformin/Glucophage 24 hours before your procedure.**

Aspirin: \_\_\_\_\_ Insulin: \_\_\_\_\_

Diabetic meds: \_\_\_\_\_ Anticoagulation meds: \_\_\_\_\_

**Please follow prep instructions carefully. Take entire prep as directed on the following page.**

Any patient needing to cancel or reschedule their procedure must notify the Centre at least **TWO (2) BUSINESS DAYS** prior to their scheduled arrival at the Centre.

**A cancellation fee of two hundred dollars (\$200)** will be incurred by those patients who fail to keep their appointment or do not cancel their procedure in the allotted time.

**Taking Your Colonoscopy Prep**  
**(Peg/Colyte/GoLyte/Trilyte/Nulytely)**  
**The Day Before Your Procedure**

**Please follow the clear liquid diet ALL DAY; drink at least 64 ounces of clear liquids throughout the day before taking prep.**

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

**Step 2: At 6PM, drink ¼ or ½ of the gallon of solution over 1 hour. You should drink at a rate of one 8-ounce glass every 10-15 minutes.**

**The Day of Your Procedure**

**Step 3: Six hours prior to your scheduled procedure, drink another ¼ or ½ of the gallon of solution. Complete prep over 1 to 2 hours.**




**You may continue drinking clear liquids up to four hours before the procedure. During the 4 hours before your procedure, take nothing by mouth, not even water, chewing gum or candy, except for a small sip of water if needed for your medications. However, you may still brush your teeth prior to the procedure.**

**You must take heart, blood pressure, Parkinson's, seizure and asthma medications at least 2 hours before your procedure with a sip of water; unless told otherwise.**

**You MUST be accompanied by an adult home.**



**Special Hints Taking Prep:**

- Drink it cold with a straw. 
- Suck on hard candy between drinks. 
- Slow down if nausea or vomiting develops. 
- Remain in easy reach of bathroom when you start prep. 