



**CAPITAL
DIGESTIVE
CARE™**

First in Digestive Health

NAME: _____

We perform procedures at the following locations:

GIEA

15005 Shady Grove Road. Ste 200
Rockville, MD. 20850

Shady Grove Adventist Hospital

Out- Patient Surgery Center
9901 Medical Center Drive
Rockville, MD 20850

Please **ARRIVE** at: _____ on _____
TIME DATE

PROCEDURE TIME: _____

COLONOSCOPY PREP KIT INSTRUCTIONS (CDC PREP)

YOU MUST PURCHASE: Two (2) Bisacodyl/Dulcolax 5mg laxative tablets, one (1) bottle of Magnesium Citrate 10oz., one (1) 8.3oz bottle of Miralax and EITHER A 64 OZ BOTTLE OR TWO 32 OZ BOTTLES OF GATORADE (NOT G2).

7 DAYS BEFORE YOUR PROCEDURE:

* Discontinue medications containing iron; follow your providers' instructions regarding aspirin, Plavix or anticoagulation medicines (e.g. Coumadin, Pradaxa, Xeloda)

3 DAYS BEFORE YOUR PROCEDURE: Avoid popcorn.

THE ENTIRE DAY PRIOR TO YOUR PROCEDURE YOU MUST BE ON A CLEAR LIQUID DIET – NO SOLID FOODS. Drink 6-8 glasses of clear liquids and half **MUST** contain

sugar and salt. Example of clear liquids; coffee or Tea (no milk), Carbonated or non-carbonated soft drinks (Coke, Pepsi, Sprite, etc.), Clear fruit juices (i.e. Apple Juice, Cranberry, White grape juice, Gatorade (NOT G2), and Jell-O, popsicles, hard candy.

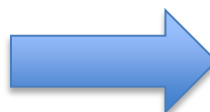
NOTE: DARK COLOR CLEAR LIQUIDS SUCH AS RED OR PURPLE ARE OK TO HAVE JUST BE SURE TO DRINK LOTS OF WATER AS WELL.

Clear broth or bouillon – **MUST** drink 16 oz. of either broth or bouillon.

AT 12 NOON: Take the 2 Dulcolax/Bisacodyl tablets with an 8 oz. glass of a clear liquid

START ANYTIME BETWEEN 4 AND 6PM:

Mix the 1 bottle of Miralax (or generic) with your 64 oz. of Gatorade. **MUST BE GATORADE.** Then begin to drink 1 8 oz. glass of the solution every 20-30 mins until the solution is gone. Continue to drink clear liquids until going to bed.



Capital Digestive Care

Alan N. Schulman, MD
Julia C. Korenman, MD
Lawrence A. Bassin, MD
David L. Jager, MD
Olanma Y. Okoji, MD
Brian Ciampa, MD
Leigh Lurie, MD
Colleen M. Kennedy-Smith, CRNP
Lisa Rainsford, PA-C

ROCKVILLE, MD
14955 Shady Grove Rd
Suite 150
Rockville, MD 20850

301.340.3252 **PHONE**
301.340.1423 **FAX**

capitaldigestivecare.com

5 HOURS BEFORE YOUR PROCEDURE TIME:

Drink the 10 oz. bottle of Magnesium Citrate.

4 HOURS PRIOR TO YOUR EXAM YOU MUST HAVE NOTHING TO EAT, DRINK, SMOKE OR CHEW.

DAY OF YOUR EXAM: Take all of your morning medications with small sips of water **ONLY UP UNTIL 4 HOURS PRIOR TO YOUR PROCEDURE TIME.**

PLEASE NOTE: IF YOU FIND IT NECESSARY TO CANCEL YOUR PROCEDURE WITHIN 48 HOURS PRIOR TO THE SCHEDULED APPOINTMENT A \$150 CANCELLATION FEE WILL BE CHARGED.

If you have any urgent questions after hours, regarding the prep or procedure, please contact the Doctor on call at 301-340-3252