



**CAPITAL
DIGESTIVE
CARE™**

First in Digestive Health

NAME: _____

We perform procedures at the following locations:

- | | |
|--|--|
| <input type="checkbox"/> GIEA
15005 Shady Grove Road
Suite 200
Rockville, MD 20850
(301) 340-8099 | <input type="checkbox"/> Shady Grove Adventist Hospital
Out-Patient Surgery Center
9901 Medical Center Drive
Rockville, MD 20850
(240) 826-6000 |
|--|--|

Please ARRIVE at:** _____ **on** _____
Time Date

PREPARATION INSTRUCTIONS FOR COLONOSCOPY (GAVILYTE METHOD)

PLEASE PURCHASE: Gavilyte (prescription needed) and four (4) Dulcolax / bisacodyl 5mg tablets (laxative NOT stool softener) – these are over-the-counter.

2 NIGHTS PRIOR TO YOUR PROCEDURE: Take 2 Dulcolax/bisacodyl tablets with 8 oz. of a clear liquid.

THE ENTIRE DAY PRIOR TO YOUR PROCEDURE YOU MUST BE ON A CLEAR LIQUID DIET – NO SOLID FOODS

- Drink 6-8 glasses of water during the day
- Coffee or Tea (no milk)
- Clear broth or bouillon – MUST drink 16oz of either broth or bouillon
- Carbonated or non-carbonated soft drinks (Coke, Pepsi, Sprite, etc)
- Clear fruit juices (i.e. apple juice, cranberry, white grape juice, Gatorade, etc.)
- 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.

AT NOON THE DAY BEFORE YOUR PROCEDURE: Take the other 2 dulcolax tablets.

Starting between 4:00pm and 5:00pm the day before your procedure: Make up the gallon of the solution according to the instructions on the bottle. We recommend preparing and drinking the solution at room temperature, not over ice, and not refrigerated. Drink only half of the solution as quickly as you can. You will also need to consume other clear liquids up until going to bed.

THE DAY OF YOUR PROCEDURE:

5 hours prior to your procedure drink the remaining Gavilyte solution. In between drink other clear liquids as well. The solution must be done 4 hours before the procedure time.

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

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

Capital Digestive Care

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