



Birns, Gloger, Witten & Bhinder, MD

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

**INSTRUCTIONS FOR IRC PREPARATION  
(Infrared Coagulatory) Ultroid Device  
WITH SEDATION**

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

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

Location: \_\_\_\_\_ **Urbana GI Endoscopy Center** – 3280 Urbana Pike # 104  
Phone Number 240-436-6440

\_\_\_\_\_ **GIEA-** 15005 Shady Grove Rd # 200  
Phone Number 301-340-8099

\_\_\_\_\_ **Birns, Gloger Witten & Bhinder MD – Rockville office**  
9711 Medical Center Drive # 308 – 301-251-1244

\_\_\_\_\_ **Birns, Gloger Witten & Bhinder MD – Urbana office**  
3280 Urbana pike # 204 – 301-810-5252

**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.

**ONE WEEK BEFORE THE PROCEDURE**

Please do not use any aspirin or aspirin products one (1) week prior to your procedure. Nonsteroidal anti-inflammatory type medications (such as Ibuprofen, Relafen, Voltaren, Indocin, Vioxx, Celebrex, Advil) should be used sparingly during the three (3) days prior to your procedure. Also, If you take Coumadin (warfarin) or Persantine (dipridamole), Plavix, or Aggrenox, consult with your prescribing doctor about stopping these medications for three (3) days prior to your procedure. There may be other medications that should be discontinued, so be sure to consult your doctor with any other questions about prescription drugs you may be taking. You may take Tylenol if necessary.

**YOU WILL NEED**

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

**DAY OF PROCEDURE**

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

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

**To avoid the risk of a delay or a cancelled procedure, please be very careful to not eat, drink smoke or chew during this 4 hour time frame.**

REVISED 2015 - IRCwSED

