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## Infrared Coagulation of Hemorrhoids (IRC) Patient Prep Instructions

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

Date: \_\_\_\_\_ Arrival Time for Procedure: \_\_\_\_\_

With Doctor: \_\_\_\_\_

Location:

Laurel Office

Columbia Office

In order to be properly prepared for your procedure, please review the Pre-Procedure requirements on the attached sheet **one week** prior to your exam and follow the instructions carefully.

Should you have any questions please contact our office at **301-498-5500**.

**If you should need to reschedule your procedure, we require at least 48 hour notice. If you fail to report on your procedure day or if you cancel your procedure with less than 48 hour notice, you may be subject to a \$50.00 late cancellation fee.**

**Laurel Office:**  
7350 Van Dusen Road,  
Suite 210  
Laurel, MD 20707

**Columbia Office:**  
5500 Knoll North Drive,  
Suite 460  
Columbia, MD 21045

**IRC PREP INSTRUCTIONS**

**CAPITAL DIGESTIVE CARE, LLC**

Appointment Day:	M	Tu	W	Th	F
Date:	_____		Arrival Time:	_____	

**Information Regarding Your IRC**

Infrared coagulation is a procedure used for the treatment of hemorrhoids. The procedure involves the application of infrared light to the base of the hemorrhoid, which clots the hemorrhoid. There are usually three different areas inside the rectum where the hemorrhoids occur, and they are referred to as complexes. One area, or complex, is treated at each office visit. Although the patient will occasionally feel a little warmth, there generally is minimal pain or discomfort. The patient may return to work the same day or the next day. Occasionally a little bleeding will occur between the fourth and tenth day after treatment. The patient returns in approximately 1 month for follow-up treatment.

**Step 1:**

**(5) Five days before your IRC:**      **Date:** \_\_\_\_\_

- Purchase (2) 4.5 fl. Oz. size enemas
- Notes: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Step 2:**

**Day of your IRC:**      **Date:** \_\_\_\_\_

- An hour & a half before your appointment take the first enema, hold it in for 5 minutes and then release into the toilet. Repeat immediately with the second enema.**
- Do not eat anything after you have taken the 2 enemas**
- Follow the instructions provided on the enema package for the proper technique for the insertion of the enema into the rectum.

- Notes: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

You may receive a total of 4 statements; (1) Ambulatory Endoscopy Center of MD (facility), (2) Capital Digestive Care (physician), (3) Corridor Anesthesia (anesthesia) & (4) Capital Digestive Care Pathology (pathology).

11/08/17 GG/RJ