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- Colonoscopy with CDC Prep Kit
- EGD & Colonoscopy with CDC Prep Kit

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

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

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

Location:      Ambulatory Endoscopy Center of Maryland      Laurel Regional Hospital  
                         Washington Adventist Hospital                              Howard County General

- Prep kit purchased from office
- Patient to purchase prep kit contents from pharmacy

**PREP KIT CONTAINS:** 2 Bisacodyl or Dulcolax 5 mg. tablets, 1 (8.3 oz/238 g) bottle Miralax powder (or generic store brand) and 1 (10 oz) bottle of Magnesium Citrate (not cherry-flavored).

**YOU MUST ALSO PURCHASE:** Two 32 oz. bottles of Gatorade regular or G2 (orange or lemon lime) (No Red, Blue, Purple or Powdered Gatorade)

You will be given sedation for your procedure and **MUST** have a ride **FROM** the examination. You **CANNOT** drive yourself home and **MUST** be accompanied by a responsible adult. You **MAY NOT** go home on public transportation alone. Pick up time will be approximately 1 hour after the procedure start time.

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.

The liquids in the prep will cause you to have repeated loose stools (diarrhea), which is the expected result. These solutions typically work within 30-60 minutes but may take as long as 4 hours to have an effect. During the preparation process, you are advised to have a bathroom nearby. **It is very important that you follow each step and complete all of these instructions or the colonoscopy may have to be repeated.** The bowel preparation will not work properly unless you **drink plenty of liquids.**

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 \$150.00 late cancellation fee.**

**Address & Directions to Ambulatory Endoscopy Center of MD:** 7350 Van Dusen Road, Suite 230, Laurel, MD 20707.  
*Take I 95 to exit 33 A, Route 198 towards Laurel. At first intersection, turn right onto Van Dusen Road. At 5<sup>th</sup> traffic light, make a right into the Laurel Regional Hospital driveway. The Medical Arts Pavilion is on the right. You should report to Suite 230.*

# COLONOSCOPY CDC PREP KIT CHECKLIST

# CAPITAL DIGESTIVE CARE, LLC

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

**Step 1:**  
**(5) Five days before your colonoscopy: Date:** \_\_\_\_\_

- Please read through entire instruction sheet
- Purchase (2) 32 oz. Gatorade (orange & lemon lime only)
- Discontinue medications containing iron
- Discontinue Ibuprofen, Advil/Motrin/Aleve & Anti-Inflammatory Medications & other NSAIDS. \_\_\_\_\_
- You may use Tylenol (Acetaminophen) for discomfort
- Discontinue blood thinners/anticoagulation medications (e.g. Plavix/Coumadin/Warfarin/Eliquis) as instructed by your physician, but take all other medications including blood pressure medication
- Arrange your ride home from your procedure
- Notes: \_\_\_\_\_

**Step 2:**  
**(3) Three days before colonoscopy: Date:** \_\_\_\_\_

- Stop eating high fiber foods including: nuts, corn, popcorn, raw fruits, raw vegetables & bran

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

**Step 3: (CLEAR LIQUIDS DIET ONLY TODAY)**  
**(1) One day before your colonoscopy: Date:** \_\_\_\_\_

- No solid foods or milk products for the entire day
- In the morning, begin clear liquid diet the entire day (No red, blue or purple liquids or alcohol today)
- Drink 6-8 glasses of fluid throughout the day to avoid dehydration
- Examples of clear liquids: coffee or tea (no milk or milk products), clear broth or bouillon, carbonated or non-carbonated soft drinks such as 7-Up, Sprite, Ginger Ale, Mt. Dew (regular or diet), lemonade (no pink lemonade or pulp), fruit juices without pulp, Jell-O (yellow or green only), popsicles (yellow, green, orange only), hard candy
- Refrigerate Gatorade if you wish to drink it cold
- At \_\_\_\_\_ am/pm:** Take 2 Bisacodyl/Dulcolax 5mg tablets
- At \_\_\_\_\_ am/pm (1 hour later):** Mix 1 bottle of Miralax with 64 oz. of Gatorade in a large pitcher. Then, drink (1) 8 oz. glass of Gatorade/Miralax solution every 15 minutes until the mixture is gone. Drinking through a straw may be easier to get down.
- Drinking through a straw or cold may help with the taste of the solution. If you feel nauseated during the process, take a break from drinking for 30 minutes and restart the process again until all solution is finished.

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

**Step 4:**  
**Day of your colonoscopy: Date:** \_\_\_\_\_

- NO gum, mints, hard candy or smoking day of procedure**
- At \_\_\_\_\_ am/pm (4 hours before procedure):** Drink the 10 oz. bottle of Magnesium Citrate followed by a large glass of water, then **STOP** drinking clear liquids.
- After finishing the solution, take all other medications including blood pressure medication with sips of water
- DO NOT eat, smoke or chew anything by mouth 8 hours before your procedure**
- You may drink clear liquids up to 4 hours before leaving for your procedure. **Stop time:** \_\_\_\_\_
- If you are asthmatic, please bring your inhaler with you on the day of your procedure.
- Please bring with you: insurance cards, any co-payment required, medical history forms, driver's license or photo ID. Leave valuables & jewelry at home. Wear comfortable clothing.
- Your ride must park and come into the center waiting room to escort you home.

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