

Important Pre-procedure Information

Please review 1 week prior to your procedure

Location	<p>Capital Digestive Care Hygieacare® is located Shady Grove Professional Center II, 15001 Shady Grove Road, Rockville, Maryland 28050. Capital Digestive Care has many local offices and endoscopy centers, some of which are in close proximity to one another. Use the attached pre-procedure planning and tip sheet to help you arrive at the proper place and time.</p> <ul style="list-style-type: none"> • Endoscopy center patients should arrive 45 minutes early and hospital patients, 1 hour early in order to complete intake activities for your procedure.
COVID Safety	<p>All patients must complete COVID testing within 96 hours of their procedure – we will schedule this appointment at the time we schedule your procedure.</p> <p>Patients must comply with all applicable executive orders and state and local directives regarding mask use, social distancing and travel, especially in between the time of your COVID test and your procedure.</p> <p>Failure to meet the requirements of any of the above will result in cancellation of your procedure.</p>
Medications	<p>Talk to your doctor about any medications or supplements that you take routinely. Do not stop any prescription medications unless instructed by your prescribing physician.</p>
Contraindications for HyGieaCare Prep	<ul style="list-style-type: none"> • Congestive heart failure (New York Heart Association Class III or IV or ejection fraction less than 50 %) • Intestinal perforation • Carcinoma of the rectum • Fissures or fistula (particularly in Crohn’s disease) • Severe hemorrhoids which cannot be reduced back into rectum • Abdominal hernia • Renal insufficiency (creatinine clearance less than 60ml/min/1.73 m², this is the level which separates mid decline in kidney function from moderate to severe) • Recent (less than 30 days) colon, rectal or abdominal surgery • Cirrhosis (with ascites) • Pregnancy

General Policies:

Transportation	<p>Some activities, such as driving, are not permitted in the hours following your procedure. Arrange for a ride from someone who can take responsibility for your care (over the age of 18). They should arrive promptly 1 hour after your procedure time, but no later than 4:30pm. Ride services such as Uber, Lyft, taxi service, etc. are not permitted.</p>
Cancellation	<p>Our practice requires notification of cancellation within five (5) business days, otherwise, a fee of \$150 will apply.</p>

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Your preparation requires the following dietary restrictions: CLEAR LIQUID DIET

This preparation requires you to follow a clear liquid diet on the day before your procedure. Follow the instructions on when to start and when to stop your preparation.

Failure to follow instructions may result in the cancellation of your procedure – this is for your safety.

Allowed on a clear liquid diet*: Water, Apple juice, white grape and white cranberry juice, broth, tea, coffee (without milk, creamer or substitutes). Jell-O, Italian Ices, popsicles, sodas, Kool-Aid, Gatorade. (*none of these may be the color red, orange or purple, or contain fruit pulp.)

Do NOT consume:

- Red, orange, or purple colored liquids or products.
- Milk, cream or non-dairy substitutes (such as artificial creamer, soy or nut milks).
- Juices containing pulp (i.e. orange, grapefruit, pineapple, tomato & V-8 juice) or frozen juice products containing pulp.
- Solid foods.

√ 5 DAYS BEFORE THE PROCEDURE:

- This is the last day to cancel your procedure without incurring a late cancellation fee, per policy.
- If you have chronic constipation, or have had a prior poor or inadequate colonoscopy preparation, please contact the Hygieacare[®] office at least 5 days prior to your scheduled procedure, to discuss additional prep instructions
- If taking iron supplements, discontinue until after your procedure.

√ 3 DAYS BEFORE THE PROCEDURE:

- Adjust your diet. Stop eating high fiber foods including, seeds, quinoa, nuts, beans, corn/popcorn, raw fruits, raw vegetables and bran.

√ 2 DAYS BEFORE THE PROCEDURE:

- If you do not have a bowel movement on a regular schedule (daily) then please take 2 bisacodyl 5 mg laxative tablets at bedtime 2 days prior to your procedure.

Procedure Preparation Instructions HygiPrep[®] with Clear Liquid Diet

THE DAY <u>BEFORE</u> THE PROCEDURE			
8:00 am	It is important to drink as many clear liquids as possible throughout the day to avoid dehydration.		
Clear Liquid Diet	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> ALLOWED: <ul style="list-style-type: none"> Liquids: Water, Apple juice, white grape and white cranberry juice, broth, tea, coffee (without milk, creamer or substitutes), sodas, Kool-Aid, Gatorade. Jell-O, Italian Ices, popsicles. </td> <td style="width: 50%; vertical-align: top;"> DO NOT CONSUME <ul style="list-style-type: none"> Red, orange, or purple colored liquids or products. Milk, cream or non-dairy substitutes (such as artificial creamer, soy or nut milks). Juices containing pulp (i.e. orange, grapefruit, pineapple, tomato & V-8 juice) or frozen juice products containing pulp. Solid foods. </td> </tr> </table>	ALLOWED: <ul style="list-style-type: none"> Liquids: Water, Apple juice, white grape and white cranberry juice, broth, tea, coffee (without milk, creamer or substitutes), sodas, Kool-Aid, Gatorade. Jell-O, Italian Ices, popsicles. 	DO NOT CONSUME <ul style="list-style-type: none"> Red, orange, or purple colored liquids or products. Milk, cream or non-dairy substitutes (such as artificial creamer, soy or nut milks). Juices containing pulp (i.e. orange, grapefruit, pineapple, tomato & V-8 juice) or frozen juice products containing pulp. Solid foods.
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Medication Instructions			
A. If patients schedule allows:	<ul style="list-style-type: none"> a) Take 2 bisacodyl 5 mg laxative tablets at 10:00 am b) Take 2 bisacodyl 5 mg laxative tablets at 1:00 pm 		
B. If patients schedule does not allow:	<ul style="list-style-type: none"> a) Take 2 bisacodyl 5 mg laxative tablets at 5:00 pm b) Take 2 bisacodyl 5 mg laxative tablets at 8:00 pm 		
	It is important to drink as many clear liquids as possible throughout the day to avoid dehydration.		

THE DAY <u>OF</u> THE PROCEDURE	
8:00 am	Take 2 bisacodyl 5 mg laxative tablets <ul style="list-style-type: none"> Do not consume anything by mouth 3 hours before your procedure time. See below for medication exceptions. IF YOU EAT OR DRINK WITHIN THIS 3 HOUR TIME FRAME, THE PROCEDURE MAY BE POSTPONED OR CANCELED.
Medications	<ul style="list-style-type: none"> Take your blood pressure, Parkinson's, seizure or asthma medications. Please take these medications 3 or more hours prior to the procedure start time with only a small sip of water. If a physician has prescribed for you an inhaler for asthma, bring it with you to the procedure.
Other Instructions	<ul style="list-style-type: none"> Bring your photo ID, insurance cards and co-payment, if required. Wear comfortable clothing. Do not wear jewelry or bring valuables. Do not wear perfume or lotions.

Procedure date	
Procedure time	
Arrival time	
Location name & address	
Name of person providing your ride home	
Relationship	
Phone number	