

ENDOSCOPIC SURGICAL CENTRE OF MARYLAND, LLC
10801 Lockwood Drive, Suite 110
Silver Spring, MD 20901
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TTY Users call Maryland Relay # 711

ENDOSCOPIC SURGICAL CENTRE OF MARYLAND-NORTH, LLC
15005 Shady Grove Road, Suite 300
Rockville, MD 20850
Phone: (301) 762-1280 Fax: (301) 762-5678
TTY Users call Maryland Relay # 711

You are scheduled for a Colonoscopy/EGD at _____ by Dr. _____

On: _____ **Arrival time:** _____ Procedure time: _____

Due to cancellations or physician emergencies, your procedure time may change. You will be called the day before to confirm all appointment instructions. PLEASE ALLOW ABOUT 2 ½ HOURS TOTAL TIME FOR ALL ASPECTS OF YOUR PROCEDURE.

PLEASE REVIEW THESE INSTRUCTIONS CAREFULLY AT LEAST SEVEN (7) DAYS BEFORE YOUR PROCEDURE.

ABOUT YOUR PROCEDURE

You will be sedated for your procedure. You must be accompanied home by a responsible adult. You may not operate motor vehicles until the following day. *If these arrangements are not made before you come to the facility, your procedure will be cancelled.* **You may not walk, ride a bike or take the bus home. No one will be allowed to leave in a taxi, Uber or Lyft, unless accompanied by a responsible adult (over 18 years old).** *CENTRE closes at 4:30PM. Therefore, if your procedure is in the afternoon, your ride must be at the Centre by 4:30PM.

SEVEN (7) DAYS BEFORE YOUR PROCEDURE

Do not take any herbal supplements like Ginseng, Ginkgo, fish oil, Omega 3, Garlic and Vitamin E.

FOUR (4) DAYS BEFORE YOUR PROCEDURE

Do not take **anti-inflammatories** (e.g., ibuprofen, Advil, Motrin, Aleve, etc.). However, Celebrex may be continued up to the day of the procedure. You can take **Acetaminophen or Tylenol**.

Do not eat any food containing seeds such as tomatoes, cucumbers, rye bread, corn, celery, popcorn, nuts, beans, quinoa, chia and flax seeds.

THE DAY BEFORE YOUR PROCEDURE / SEE PREP INSTRUCTIONS

DRINK ONLY CLEAR LIQUIDS ALL DAY. Do not eat any food or drink dairy products such as milk, Ensure, nutritional supplements or protein drinks. Clear liquids include clear juices such as apple, white grape and white cranberry, clear broth or bouillon, tea and coffee (without milk or creamer), Jell-O, Italian ices, sodas, Kool aid, Gatorade and Water. **Drink at least 48oz. of fluids during the day before taking the prep. Jell-O, ices or any drinks with artificial red and purple coloring are not allowed.**

SPECIAL INSTRUCTIONS

During the 4 hours before your procedure, take nothing by mouth, not even water or chewing gum, except for a small sip of water if needed for your medications. However, you may still brush your teeth prior to the procedure. Please do not wear any perfumes or lotion or cream products to the appointment.

Please take heart, blood pressure, Parkinson's, seizure and asthma medications on the day of procedure. Please bring asthma inhalers with you to your appointment. Stop Metformin/Glucophage 24 hours before your procedure.

Aspirin: _____ Insulin: _____

Diabetic meds: _____ Anticoagulation meds: _____

Please follow prep instructions carefully. Take entire prep as directed on the following page.

Any patient needing to cancel or reschedule their procedure must notify the Centre at least **TWO (2) BUSINESS DAYS** prior to their scheduled arrival at the Centre.

A cancellation fee of two hundred dollars (\$200) will be incurred by those patients who fail to keep their appointment or do not cancel their procedure in the allotted time.

Taking Your Colonoscopy Prep (Prepopik)

The Day Before Your Procedure

Please follow the clear liquid diet ALL DAY; drink at least 64 ounces of clear liquids throughout the day before taking prep.

At 6PM the day before your procedure:

- 1. Fill the dosing cup provided with lukewarm water up to the lower (5-ounce) line on the cup.**
- 2. Pour in the contents of ONE (1) packet. Stir for 3 minutes until dissolved and drink the entire contents.**
- 3. Follow with FIVE (5) 8-ounce drinks of clear liquid, taken at your own pace within the next 3 hours before bed.**

Check off a number as you finish each drink 1 2 3 4 5

The Day of Your Procedure

Six (6) hours before your procedure repeat the above steps ONE, TWO, and THREE.

Follow with at least FIVE (5) 8-ounce drinks of clear liquid. This needs to be finished before 4 hours prior to the colonoscopy.

Check off a number as you finish each drink 1 2 3 4 5




During the 4 hours before your procedure, take nothing by mouth, not even water, chewing gum or candy, except for a small sip of water if needed for your medications. However, you may still brush your teeth prior to the procedure.

You must take heart, blood pressure, Parkinson's, seizure and asthma medications at least 2 hours before your procedure with a sip of water; unless told otherwise.

You MUST be accompanied by an adult home.



Special Hints Taking Prep:

- **Drink it cold with a straw.** 
- **Suck on hard candy between drinks.** 
- **Slow down if nausea or vomiting develops.** 
- **Remain in easy reach of bathroom when you start prep.** 