ENDOSCOPIC SURGICAL CENTRE OF MARYLAND, LLC

10801 Lockwood Drive, Suite 110

Silver Spring, MD 20901

Phone: (301) 593-5110 Fax: (301) 593-6269

TTY Users call Maryland Relay # 711

${\bf ENDOSCOPIC\ SURGICAL\ CENTRE\ OF\ MARYLAND-NORTH,\ LLC}$

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 tir appointment instructions. PLEASE ALLOW ABOUT 2 ½ HOURS PLEASE REVIEW THESE INSTRUCTIONS CAREFULLY A	TOTAL TIME FOR A	LL ASPECTS OF 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, Omeg	ga 3, Garlic and Vitamin E.
FOUR (4) DAYS BEFORE YOUR PROCEDURE		
Do not take anti-inflammatories (e.g., ibuprofen, Advil, Motrin, A the procedure. You can take Acetaminophen or Tylenol .	leve, etc.). However, C	elebrex may be continued up to the day of
Do not eat any food containing seeds such as tomatoes, cucumbe and flax seeds.	ers, rye bread, corn, c	elery, popcorn, nuts, beans, quinoa, chia
THE DAY BEFORE YOUR PROCE	OURE / SEE PREP INSTR	<u>UCTIONS</u>
DRINK ONLY CLEAR LIQUIDS ALL DAY. <u>Do not eat any for supplements or protein drinks.</u> Clear liquids include clear juices supplements of protein drinks. Clear liquids include clear juices supplements or protein drinks. Clear liquids include clear juices supplements of protein drinks. Clear liquids include clear juices supplements of protein drinks. The protein drinks include clear juices supplements of protein drinks.	uch as apple, white gra es, sodas, Kool aid, Ga	pe and white cranberry, clear broth or torade and Water. Drink at least 48oz. of
SPECIAL INS	TRUCTIONS	
During the 4 hours before your procedure, take nothing by mou water if needed for your medications. However, you may still br perfumes or lotion or cream products to the appointment.		
Please take heart, blood pressure, Parkinson's, seizure and asth inhalers with you to your appointment. Stop Metformin/Glucop		• •
Aspirin:	Insulin:	

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.

Diabetic meds: _____ Anticoagulation meds: ____



James A. Butler, MD, FACP, FACG Alan J. Diamond, MD Nissrin M. Ezmerli, MD Robert G. Finkel, MD Joseph J. Genovese, Jr., MD Stephen D. Humm, MD Roderick Kreisberg, MD Robert F. Musselman, MD, FACP Barry M. Rubin, MD, FACG Michael S. Schindler, MD Zaifi Shanavas, MD Adell C. Winley, PA-C Kelly Mercado, CRNP Susan Taylor, CRNP Aarthi Sathya, NP-C

Taking Your Colonoscopy Prep (Suprep)

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. Pour one (1) 6-ounce bottle of SUPREP liquid into the mixing container.
- 2. Add cool drinking water to the 16-ounce line on the container and mix.
- 3. Drink ALL the liquid in the container!
- 4. You MUST drink at least two (2) more 16-ounce containers of water over the next 2 hours. Use the container included in the SUPREP kit.

The Day of Your Procedure

Six (6) hours before your procedure repeat the above steps 1 through 4 using the other 6-ounce bottle of SUPREP included in the kit.

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 <u>2 hours before</u> your procedure with a sip of water; unless told otherwise.

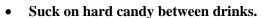
You MUST be accompanied by an adult home.



Special Hints Taking Prep:









Slow down if nausea or vomiting develops.



• Remain in easy reach of bathroom when you start prep.

