



**CAPITAL
DIGESTIVE
CARESM**

First in Digestive Health

NAME: _____

We perform procedures at the following locations:

GIEA

**15005 Shady Grove Road. Ste 200
Rockville, MD. 20850**

Shady Grove Adventist Hospital

**Out- Patient Surgery Center
9901 Medical Center Drive
Rockville, MD 20850**

Please **ARRIVE** at: _____ on _____
TIME DATE

PROCEDURE TIME: _____

PREPARATION INSTRUCTIONS FOR COLONOSCOPY (GAVILYTE METHOD)

PLEASE PURCHASE: Gavilyte (prescription needed)

7 DAYS BEFORE YOUR PROCEDURE:

•Discontinue medications containing iron; follow your provider’s instructions regarding aspirin, Plavix or anticoagulation medicines (e.g. Coumadin, Pradaxa, Xeloda).

3 DAYS BEFORE YOUR PROCEDURE: Avoid popcorn.

THE ENTIRE DAY PRIOR TO YOUR PROCEDURE YOU MUST BE ON A CLEAR LIQUID DIET - NO SOLID FOODS

- Drink 6-8 glasses of water during the day
- Coffee or Tea (no milk)
- Clear broth or bouillon – MUST drink 16oz of either broth or bouillon
- Carbonated or non-carbonated soft drinks (Coke, Pepsi, Sprite, etc.)
- Clear fruit juices (i.e. apple juice, cranberry, white grape juice, Gatorade, etc.)
- Jell-O, popsicles, hard candy

NOTE: Dark color clear liquids such as red or purple are ok to have just be sure to drink lots of water as well.

Starting between 4:00pm and 5:00pm the day before your procedure: Make up the gallon of the solution according to the instructions on the bottle. You may use the flavor pack provided or a portion of Sugar Free Crystal Light or any similar powdered drink product. We recommend preparing and drinking the solution at room temperature, not over ice, and not refrigerated. Drink only half of the solution as quickly as you can. You will also need to consume other clear liquids up until going to bed.

Capital Digestive Care

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301.340.3252 **PHONE**
301.340.1423 **FAX**

capitaldigestivecare.com

THE DAY OF YOUR PROCEDURE:

5 hours prior to your procedure drink HALF of the remaining solution (1 quart) as quickly as you can. In between drink other clear liquids as well. **You will have to stop all oral intake (liquids, candy, gum) 4 hours prior to your procedure start time (about 3 hours before your designated arrival time)**

PLEASE NOTE: IF YOU FIND IT NECESSARY TO CANCEL YOUR PROCEDURE WITHIN 48 HOURS PRIOR TO THE SCHEDULED APPT A \$150 CANCELLATION FEE WITH BE CHARGED.

If you have any urgent questions after hours, regarding the prep or procedure, please contact the Doctor on call at 301-340-3252