

Procedure Preparation Instructions

HyGieaCare Prep with Clear Liquid Diet

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| Location | <p>Capital Digestive Care HyGiea Care Center is located Shady Grove Professional Center II, 15001 Shady Grove Road, Rockville, Maryland 20850. 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>Patients who develop COVID symptoms, travel internationally or are exposed to COVID between the time of scheduling their appointment and the date of the procedure, must contact our office. Please visit our website at www.capitaldigestivecare.com for additional COVID safety information.</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:

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| 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 no later than 1 hour after your procedure time. If your appointment is after 3:00 pm, your ride must arrive no later than 4:30 pm. 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:

- **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**
- This is the last day to cancel your procedure without incurring a late cancellation fee, per policy.
- 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.

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| THE DAY BEFORE THE PROCEDURE | | | |
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| 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 OF THE PROCEDURE | |
|---------------------------------|--|
| 6:00 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. |

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