

Procedure Preparation Instructions

HygiPrep/Hygieacare Colonoscopy prep with Clear Liquid Diet

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 arrival times for hospital patients may vary. The hospital may want you to arrive 1-2 hour(s) early in order to complete intake activities for your procedure. Please review your appointment reminder notices for accurate arrival times.
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 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 until the day after 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 <u>BEFORE</u> THE PROCEDURE CONSUME CLEAR LIQUIDS ONLY					
Upon awakening	It is important to drink as many clear liquids as possible throughout the day to avoid dehydration.				
Clear Liquid Diet	<table border="1"> <thead> <tr> <th>ALLOWED:</th> <th>DO NOT CONSUME</th> </tr> </thead> <tbody> <tr> <td> <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> <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. Alcoholic beverages Solid foods. </td> </tr> </tbody> </table>	ALLOWED:	DO NOT CONSUME	<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. 	<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. Alcoholic beverages Solid foods.
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Medication Instructions					
A. If patients schedule allows:	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:	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	
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 DRINK WITHIN THIS 3 HOUR TIME FRAME, THE PROCEDURE MAY BE POSTPONED OR CANCELED.
Medications	<ul style="list-style-type: none"> Take your medications such as aspirin, 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, deodorant is allowed.

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