






Colonoscopy with Peg One Day Prep (Nulytely, Golytely, Colyte, Trilyte)

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|--------------------|-----------------|---------------|
| Patient Name: | Physician Name: | Today's Date: |
| Date of Procedure: | Procedure Time: | Arrival Time: |

| FACILITY LOCATIONS: | GENERAL INFORMATION: | 5 – 7 DAYS BEFORE YOUR PROCEDURE: |
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| <ul style="list-style-type: none"> <input type="checkbox"/> Catonsville Gastrointestinal Diagnostic Ctr. <u>Phone (410-242-3636)</u> 700 Geipe Rd, Ste 220, Baltimore, MD 21228 <input type="checkbox"/> St. Agnes Hospital – GI Services Department <u>Phone (410-368-2200)</u> 900 Caton Avenue, Baltimore MD 21229 <input type="checkbox"/> Howard Co Gastrointestinal Diagnostic Ctr. <u>Phone (410-772-7345)</u> 10710 Charter Drive, Suite 120, Columbia, MD 21044 <input type="checkbox"/> Howard County General Hospital, Dr. Berman and Kay Ota Berman Pavilion <u>Phone (410-884-4500)</u> 5759 Cedar Lane, Columbia, MD 21044 | <ul style="list-style-type: none"> ➤ IV sedation or anesthesia is usually given during your procedure. Due to regulatory requirements and for your safety, you must arrange for an adult (18+) to drive you home, or risk procedure cancellation. ➤ You will not be able to drive, operate machinery, make important decisions or return to work for the rest of the day. ➤ You may resume normal activities the next day unless the doctor states otherwise. ➤ If you have any questions concerning your procedure or need to cancel, please call the respective office. ➤ Wear comfortable, loose fitting clothing that is easy to step into. Wear flat shoes or tennis shoes. ➤ The center is not responsible for your property. Do not wear jewelry or bring valuables with you to the Center or Hospital. ➤ The morning of the procedure, only drink the required liquid preparation. <hr style="border: 0.5px solid black;"/> <p>YOU WILL NEED TO PURCHASE:</p> | <p>5 – 7 DAYS BEFORE YOUR PROCEDURE:</p> <p>IF YOU HAVE DIABETES: Follow your GI Physician's recommendations for oral and insulin medication.</p> <p>If you are on Aspirin, Coumadin, Warfarin, Plavix, Heparin, Lovenox, Fish Oil or any other blood thinners:</p> <ul style="list-style-type: none"> ➤ Your gastroenterologist may have advised you to stop taking blood thinners prior to your procedure. You will need to stop taking these medications 5-7 days prior to your procedure. ➤ The GI physician may have to obtain Cardiac Clearance before your procedure can be scheduled. The office will contact you once clearance is obtained. ➤ 5-7 days before the procedure stop eating salads, raw vegetables, nuts, seeds and popcorn. |

| WHAT YOU <u>CANNOT</u> DRINK | THE DAY BEFORE YOUR COLONOSCOPY | THE DAY OF YOUR COLONOSCOPY |
|--|--|--|
| <div style="text-align: center; margin-bottom: 10px;">  </div> <ul style="list-style-type: none"> ➤ Any liquid that is red, orange, blue or purple in color ➤ No milk, dairy cream or non-dairy products ➤ No alcohol ➤ No orange juice or lemonade <div style="text-align: center; margin-top: 10px;"> WHAT YOU <u>CAN</u> DRINK </div> <ul style="list-style-type: none"> ➤ White grape juice, white cranberry juice, and apple juice ➤ Kool-Aide, Powerade, Gatorade and powdered Crystal Light ➤ Popsicles and Italian Ice ➤ Broth or bouillon: Beef, Chicken or Vegetable flavored ➤ Water, Soda, Tea or coffee ➤ Hard candy and sugar ➤ Jell-O <p style="text-align: center; margin-top: 10px;">NO red, orange, blue or purple liquid from this list</p> | <p style="text-align: center; margin-bottom: 10px;">THE DAY BEFORE YOUR COLONOSCOPY</p> <ul style="list-style-type: none"> ➤ No solid food and NO ALCOHOL ➤ Clear liquids only all day ➤ 8 oz.=1 Cup and 16 oz.= 2 Cup <p>8 AM: Mix water with your bowel prep powder until it is all dissolved.</p> <p>KEEP COLD in the refrigerator. You may add powdered Crystal Light or use the “flavor packs” for better taste.</p> <ul style="list-style-type: none"> • NO red, orange, blue or purple liquid. <p>4-5 PM: Begin drinking the solution at a rate of 16 ounces every 30 minutes (over 4 hours) until the container is empty.</p> <ul style="list-style-type: none"> • Please continue to drink clear liquids until bedtime. • Apply a petroleum based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools. • Confirm that you have a driver to take you home. <div style="text-align: center; margin-top: 20px;">  </div> | <p style="text-align: center; margin-bottom: 10px;">THE DAY OF YOUR COLONOSCOPY</p> <ul style="list-style-type: none"> ➤ You should take your essential medications with a small sip of water (e.g. heart and blood pressure). ➤ If your procedure is scheduled for the afternoon you may have clear liquids up until <u>4hrs</u> prior to your procedure. <p style="text-align: center; margin-top: 10px;">STOP drinking liquid at _____am/pm</p> <ul style="list-style-type: none"> ➤ Please refer to the “<u>What You Can Drink</u>” list in the first column. No red, orange, blue or purple liquid. ➤ No liquids 4 hours before procedure. ➤ The correct time of this dose is essential to an effective preparation. <div style="text-align: center; margin-top: 20px;">  </div> |
| <p>Additional Comments:</p> <hr style="border: 0.5px solid black;"/> <hr style="border: 0.5px solid black;"/> | | |