

<p>General Information</p>	<p>Please follow these instructions to prepare for your Colonoscopy. Please make sure to read all instructions within this packet. If you are having an EGD and Colonoscopy on the same day, please follow the same instructions. See page 2 of this packet for in-depth instructions.</p> <p>Additionally, if you are prone to nausea and vomiting, please contact the office for a Zofran (anti-nausea medication) prescription well in advance of your procedure date.</p> <p>Once you begin your prep, expect to have frequent bowel movements and diarrhea within 1-4 hours after starting the prep. Be patient and try walking around to stimulate bowel motility. Remain near a restroom. During this time, continue your prep.</p>
<p>COVID Safety/ Illness</p>	<p>If you develop any Covid, flu, or cold-like symptoms after scheduling your procedure, please call our Endo center at 410-224-3636.</p>
<p>Medications</p>	<p>Talk to your medical provider about your routine medications or supplements. Do not stop any prescription medications unless instructed to do so by the medical provider who prescribes that medication. See page 2 of this packet for additional medication guidance.</p>

Prep Items to Purchase:

Purchase the **ez2go** prep kit from our office or buy the items below at a local store:

- In the packet you will find:
 - 1 bottle of 8.3 oz. (238 g) bottle of Polyethylene Glycol 3350 powder for solution
 - 4 Bisacodyl laxative tablets
 - 0.5 oz. packet of Magnesium Citrate
 - 1 Simethicone 80 mg tablet

ALSO- You will need to purchase separately 64 oz. of Gatorade or G2 (not red, orange, green or purple in color)

- If desired: over-the-counter items to relieve rectal irritation, which may develop during your prep. These may include Anusol, Tucks pads or Vaseline.
- If desired, you may mix your prep with clear liquids other than water, such as clear soda (ex. Sprite, Ginger Ale) or lemonade with no pulp, to your prep.

Colonoscopy Prep Instructions – ez2go Colonoscopy Prep (page 2)



MARYLAND DIAGNOSTIC & THERAPEUTIC ENDO CENTER

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YOUR BOWEL PREP IS VERY IMPORTANT - Please read immediately and review instructions carefully! Only follow these MDTEC instructions for your prep.

If you do not follow these instructions and you are not prepped properly for your procedure, a cancellation fee will apply.

Prior to your procedure:		2 Days Prior	1 Day Prior	Procedure Day
<p><u>Make sure you have all prep items listed on Page 1 of this Prep Instructions Packet.</u></p> <p><u>Please read all information within this packet.</u></p> <p>You will need to arrange for a responsible adult to drive you home. <u>You cannot drive until the day after your procedure.</u> A taxi, ride share, or shuttle is not an approved means of transportation <u>unless you have a family member or friend with you.</u></p> <p><u>If you take Phentermine</u> – stop taking this 10 days prior to your procedure.</p> <p><u>If you take weekly injections for weight loss or Diabetes:</u> do NOT take this within 7 days of your procedure.</p> <p><u>If you take iron, dietary, herbal or fiber supplements</u> stop taking these 7 days prior to your procedure.</p> <p><u>If you take a blood thinner-</u> <u>Please contact the prescribing doctor to obtain a blood thinner hold order.</u> The office can fax this order to us at 410-972-2698.</p> <p><u>If you see a specialist:</u> you can request that your most recent visit summary, labs, and test results from that office be faxed to us at 410-972-2698</p> <p>If you develop any covid, flu, or cold like symptoms within 2 weeks of your procedure date, please call us at 410-224-3636.</p>	<p><u>Avoid</u> consuming all food with seeds, corn and nuts 5 days prior to your procedure.</p> <p><u>Stop</u> taking all NSAIDS. Ibuprofen, Advil, Aleve, etc. 5 days prior to your procedure. You may take Tylenol as needed.</p> <p><u>Inhalers and Nasal Spray-</u> Continue as prescribed. Please bring with you on day of procedure.</p> <p><u>Blood Pressure and other essential medications:</u> Continue as prescribed. Take these medications on the day of your procedure with a SMALL sip of water at least 2 hours before procedure.</p> <p><u>If you wear contacts:</u> please remove them at home or bring your contact lens supplies with you if you don't have glasses to wear. Please leave jewelry and other valuables at home.</p> <p>Contact our pre-operative department with any questions at 410 224-3636 Option 2.</p>	<p>Drink at least four 8oz. glasses of water throughout the day.</p>  <p>Eat a light dinner.</p> <p><u>NO Solid Foods after midnight!</u></p> <p><u>You will begin a clear liquid diet at midnight.</u></p> <p><u>Acceptable clear liquids include:</u> water, clear broth, apple juice, white cranberry juice, white grape juice, soda, jello, popsicles, coffee, and tea. You may have any transparent liquid. Nothing with milk or creamer.</p> <p>Nothing red, blue or purple in color are allowed.</p>	<p><u>Clear liquid diet all day today.</u> Drink at least four 8oz. glasses of water throughout the day.</p> <p>No alcohol the day before or day of your procedure.</p> <p>If you are taking <u>diabetic medication,</u> cut your dose in half this day and do not take any diabetic medication day of procedure.</p> <p><u>8am: mix 8.3oz of Miralax with 64 ounces of Gatorade. Stir/ shake until dissolved. Chill solution.</u></p> <p><u>4pm:</u> Take two (2) Bisacodyl 5mg laxative tablets with one (8oz.) glass of water of clear liquid.</p> <p><u>6pm:</u> Drink 32oz of Gatorade/ Miralax Solution.</p> <ul style="list-style-type: none"> • <u>Drink 8oz every 15 minutes until complete.</u> • You may use the Simethicone 80mg tablet at any time during the prep for gas. <p>If you are unable to tolerate the prep, please call 410-224-4887 to speak to the on call doctor.</p>	<p><u>Clear liquid diet until 4 hours prior to your procedure.</u></p> <p>Morning Dose of Prep <u>5 hours prior to your procedure.</u></p> <ul style="list-style-type: none"> • Take the remaining two (2) Bisacodyl 5mg laxative tablets with one (8oz.) glass of water of clear liquid. • Mix the (0.5oz) packet of Magnesium Citrate with 10oz. of water, Gatorade or G2. Stir mixture until dissolved, wait 10 minutes and then consume mixture. • Then drink at least two- 16oz. glasses of water or clear liquid. <p><u>You must finish all of the prep, including the water 4 hours prior to your procedure.</u> <u>Please call the office if your prep results are not clear like water or a transparent yellow at this time.</u></p> <p><u>You cannot have ANYTHING AT ALL by mouth for at least 4 hours prior to scheduled procedure time.</u> This includes ice, water, gum, hard candy and mints.</p> <p>No smoking the day of procedure. <u>Please remember to bring your:</u> -Current Medication list with the last dose for each medication taken -Insurance Cards -Driver's License/Photo ID -Any co-insurance fees that are due.</p>



MDTEC

Medication Record Form

- This form must be completed prior to your procedure.
- Please list all prescriptions, over the counter medications, vitamins and supplements taken in the last month.
- Please remember to review medication instructions provided on page 1 of your procedure instructions.
- *If you have questions regarding your medications prior to your procedure, please call 410-224-3636 and ask to speak with our procedure coordinator.*

Medication Name	Dose	Frequency and Time(s) Taken	<u>Date / Time of Last Dose</u>

Patient Signature

Date



MDTEC

Medication Record Form

Patient Signature

Date