

General Information	Please use the following instructions to prepare for your Colonoscopy. If you are having an EGD and Colonoscopy on the same day, please follow the same instructions. If you have any questions, please call the office at 301-624-5566. 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.
COVID Safety	If you develop COVID symptoms, travel internationally or are exposed to COVID between the time of scheduling their appointment and the date of the procedure, PLEASE contact our office.
Medications	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.

General Policies:

Transportation	Activities, such as driving, operating machinery such as a lawnmower etc., are not permitted for the day after your procedure. Please arrange for a ride home from someone who can take responsibility for your care (over the age of 18). They should arrive no later than the time of your procedure. Ride services such as Uber, Lyft, or taxis are not permitted.
Cancellation	We require notification of procedure cancellation greater than Three (3) business days. If you cancel within the 3 business day period before the procedure day, Said a fee of \$100 will apply.

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 without sediment, tea, coffee (without milk, creamer or substitutes). Jell-O, Italian Ices, popsicles, sodas, Kool-Aid, Gatorade. (NONE of these may be colored red, orange, green or purple, or contain pulp.)

Do NOT consume:

- Red, orange, green or purple colored liquids or products.
- Milk, cream or non-dairy substitutes (such as artificial creamer, soy or nut milks).
- Juices containing pulp (such as orange, grapefruit, pineapple, tomato & V-8 juice) or frozen juice products containing pulp.
- Solid foods.

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

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 ease your prep.

WHAT TO EXPECT:

- 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.
- Expect to pass clear or yellow fluid at the completion of your prep.
- You must complete all doses of your prep even if you are passing clear or yellow fluid early in the process.
- Patients should continue drinking clear liquids up to three hours before the procedure. During the 3 hours before your procedure, consume nothing by mouth, not even water, chewing gum or candy unless you are taking antibiotics for the procedure 1 hour before the procedure time and take antibiotics with a few small sips of water.
- Your procedure may be cancelled under the following circumstances: failure to fully complete the prep or inadequate prep, consuming anything by mouth within 3 hours of the procedure except antibiotics as detailed above.

WHAT TO DO TO MAKE PREPPING EASIER:

- Patients can use Anusol, Tucks pads or Vaseline to coat the rectal area to avoid irritation during the prep.
- Patients can drink the prep solution with a straw or hold your nose when drinking.
- Patients should slow down between doses if feeling nauseous.

7 DAYS BEFORE THE PROCEDURE:

- Stop Iron supplements, Vitamin E, and Fish Oil supplements, discontinue until after your procedure.
- Stop herbal supplements.

5 DAYS BEFORE THE PROCEDURE:

- If you take Aspirin on a daily basis (either 81 mg or 325 mg) continue to take it on a daily basis including on the day of the procedure.
- If you take additional over the counter NSAIDs stop them. These medications could include Ibuprofen, Advil, Motrin, Aleve, Naproxen, etc.
- If you take additional prescription NSAIDs stop them. These medications could include Diclofenac, Etodolac, Indomethacin, Meloxicam, Nabumetone, Celecoxib, etc.

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.

THE DAY BEFORE THE PROCEDURE		
8:00 am	It is important to <u>drink as much clear liquid as possible throughout the day</u> to avoid dehydration during the prep.	
Clear Liquid Diet	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), clear sodas, Kool-Aid, Gatorade. Jell-O, Italian Ices, popsicles. 	DO NOT CONSUME <ul style="list-style-type: none"> Red, orange, green 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.
Follow the below instructions.		
4:00 pm First Dose – Part 1	Take 2 of the 4 Bisacodyl 5 mg laxative tablets with one (8 oz.) glass of water or clear liquid.	
6:00 pm First Dose – Part 2	Mix the (8.3 oz./ 238 g.) bottle of Miralax with 64 oz. of a clear liquid such as Gatorade or G2 in a large pitcher. Then drink one (8oz.) glass of the solution every 30 minutes until the solution is gone. You may use the Simethicone 80 mg tablet at any time during the prep for gas relief.	

THE DAY OF THE PROCEDURE	
5 hours before your procedure time Second Dose	Take 2 of the 4 Bisacodyl 5 mg laxative tablets with one (8 oz.) glass of water or clear liquid. Mix the (0.5 oz.) packet of Magnesium Citrate with 10 oz. of water, Gatorade or G2. Stir mixture until dissolved, wait 10 minutes and then consume mixture. Then drink at least two (2) 16 oz. glasses of water or clear liquid. <ul style="list-style-type: none"> You must finish 3 hours before your procedure time. Do not consume anything by mouth 3 hours before your procedure time. See below for medication exceptions. <u>IF YOU EAT OR DRINK WITHIN THIS 3 HOUR TIME FRAME, THE PROCEDURE MAY BE POSTPONED OR CANCELED.</u>
Medications	<ul style="list-style-type: none"> Take your blood pressure, seizure or asthma medications. Please take these medications 3 or more hours prior to the procedure start time with only a few small sips of water. Take any oral diabetes medication AFTER your procedure. Insulin dose adjustments should be discussed with the medical provider who prescribes the insulin and taken accordingly Please discuss and adjust insulin with the medical provider that prescribes your insulin. If you take antibiotics before the procedure, take them 1 hour before the procedure with a few small sips 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 and insurance card Wear comfortable clothing. Do not wear jewelry or bring valuables. Do not wear perfume or lotions.

Procedure date	
Procedure time	
Arrival time	
Location Name & Address	Frederick Surgical Center 45 Thomas Johnson Dr., Suite 207 Frederick MD, 21702 301-694-3400