

## Colonoscopy with 2-day Prep

### Your Procedure:

You are scheduled for a colonoscopy. The doctor will examine the lining of your large intestine with a colonoscope. If polyps or other abnormalities are found during the procedure, the doctor will remove the abnormal tissue for further evaluation.

Patient Name: \_\_\_\_\_

Date of Procedure: \_\_\_\_\_



Arrival Time: \_\_\_\_\_

Procedure Time: \_\_\_\_\_

Location:

- ☐ Maryland Center for Digestive Health  
Bestgate Medical Clinic  
820 Bestgate Road, Suite 1A  
Annapolis, Maryland 21401
- ☐ Baltimore Washington Medical Center

### YOUR BOWEL PREP IS EXTREMELY IMPORTANT! PLEASE READ INSTRUCTIONS CAREFULLY

1 Week Prior	5 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p><b>Have your prescriptions filled today.</b></p> <p><b>Purchase OTC Bisacodyl</b></p> <p><b>Follow these instructions, not the box instructions.</b></p> <p>If you take dietary, herbal or fiber supplements or medications containing iron, including multi-vitamins with iron, <b>discontinue these 7 days</b> before your appointment.</p> <p><b><u>If you are taking blood thinners including Coumadin (Warfarin), Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Effient (Prasugrel), taking Plavix (Clopidogrel), Brilinta (Ticagrelor) and Eliquis (Apixaban), you will need an office visit prior to your procedure.</u></b></p> <p>You may <u>continue</u> your "baby" aspirin and regular aspirin if you were prescribed them for a cardiovascular condition.</p> <p>Hold Subcutaneous Injection 1 week prior to procedure. Ozempic, Wegovy, Trulicity, Bydureon, Mounjaro - usually weekly injections</p>	<p><b>Begin low fiber diet.</b></p> <p>Stop consuming all high-fiber foods. This includes food with seeds and nuts.</p> <p>If you are taking ibuprofen (Advil, Nuprin or Motrin) or other non-steroidal (NSAID) anti-inflammatory medications, <b><u>stop taking them today.</u></b> Tylenol and Celebrex are okay to use.</p>	<p><b>No solid food after breakfast</b></p> <p><b>Begin clear liquid diet. No solid foods today. Red, purple or orange colored liquids are not allowed. You may have small amounts of coffee or tea without cream.</b></p> <p>Drink at least four 8oz glasses of water throughout the day.</p>  <p><b>2:00 pm</b> Take Bisacodyl 10 mg.</p> <p>5:00 pm Thoroughly mix 4 liters (1 gallon) clear liquid to the Colyte, Golyte, Trilyte, Nulytely powder. Do Not Refrigerate.</p> <p>6pm-7pm Drink half the 4 liter lavage prep</p> <p>8pm-9pm Drink remainder of lavage prep</p>	<p>Continue clear liquid diet. No <b>solid foods today. Red, purple or orange colored liquids are not allowed. You may have small amounts of coffee or tea without cream.</b></p> <p>Drink at least four 8oz glasses of water throughout the day.</p>  <p><b>2:00 pm</b> Take Bisacodyl 10 mg.</p> <p><b>5:00 pm</b> Thoroughly mix 4 liters (1 gallon) clear liquid to the <b>Colyte, Golyte, Trilyte, Nulytely</b> powder. Do Not Refrigerate.</p> <p><b>6pm:</b> Drink 8 ounces of the prep solution and continue drinking a 8 ounce glass of solution every 15 minutes <b><u>until half of the solution is finished.</u></b> This should take about 2 hours. Remaining solution to be taken 6 hours prior to your procedure time.</p> <p><b>If you experience nausea or vomiting take a 15-30 minute break, then continue drinking prep solution.</b></p>	<p><b>6 hours prior to procedure:</b> Drink the remaining half of the prep solution. Drink 8 ounces every 15 minutes until finished. This should take 2 hours.</p> <p>You may take your essential morning medications including <u>Blood Pressure Medication</u> with a few small sips of water, <b>at least 4 hours prior to your procedure</b>, unless otherwise directed by your physician.</p> <p>NOTHING by mouth at least 4 hours prior to your scheduled procedure time - including gum, tobacco, hard candy/mints!</p> <p><b>You will need:</b></p> <ul style="list-style-type: none"> <li>-Insurance Cards</li> <li>-Driver's License/Photo ID</li> <li>-Any co-insurance fees due</li> <li>-A responsible adult driver to drive you home</li> <li>-Referral if required by insurance company</li> </ul>

You will receive your procedure results via the portal. Visit [www.aagastro.com](http://www.aagastro.com) to sign up today.

Phone: 410-224-2116 Fax: 410.224.2118