



820 Bestgate Road Suite 1A
Annapolis, Maryland 21401
410-224-2116

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.

YOUR BOWEL PREP IS EXTREMELY IMPORTANT! PLEASE READ INSTRUCTIONS CAREFULLY

Patient Name: _____



Date of Procedure: _____

Arrival Time: _____

Procedure Time: _____

Place: ☐ Maryland Center for Digestive Health
820 Bestgate Road, Suite 1A Annapolis,
Maryland 21401

☐ Baltimore Washington Medical Center

1 Week Prior	5 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p>Purchase the Follow:</p> <p>Items listed below are over the counter NOT a Prescription.</p> <p><u>Follow these instructions, not the box instructions.</u></p> <p>-Dulcolax tablets, six 5mg (not suppositories) -(2 bottles) 64oz Gatorade or PowerAde: (no red orange or blue) -(2 bottles)Miralax 238gm</p> <p>If you take dietary, herbal or fiber supplements or medications containing iron, including multi-vitamins with iron, discontinue these 7 days before your appointment.</p> <p><u>If you are taking blood thinners including Coumadin (Warfarin), Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Effient (Prasugrel) Plavix (Clopidogrel) Brilinta(Ticagrelor) and Eliquis (Apixaban), you will need an office visit prior to your procedure.</u></p> <p>You may <u>continue</u> your “baby” aspirin and regular aspirin if you were prescribed them for a</p> <p>Hold Subcutaneous Injection 1 week prior to procedure.Ozempic, Wegovy, Trulicity, Bydureon, Mounjaro - usually weekly injections</p>	<p>Begin low fiber diet.</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, <u>stop taking them today.</u> Tylenol and Celebrex are okay to use.</p> <p>3 days prior</p> <p>No solid foods after midnight!</p>	<p>Clear Liquids only.</p> <p>Drink at least four 8oz glasses of water throughout the day.</p> <p></p> <p>5:00pm Thoroughly mix the entire bottle of Miralax in the bottle of clear Gatorade or PowerAde, (you may want to pour 8oz out of the bottle before mixing) Do not refrigerate longer than 1 hour before starting your prep. Do not over chill.</p> <p>6:00pm Drink ½ of the solution</p> <p>8:00pm Drink ½ of the miralax/Gatorade solution then Drink one 8oz glass and repeat every 15minutes until you finish the 32ounces.</p>	<p>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</p> <p>Drink at least four 8oz glasses of Water throughout the day.</p> <p></p> <p>3:00pm Take Dulcolax 30mg (6 Tablets)</p> <p>5:00pm Thoroughly mix the entire bottle of Miralax in the bottle of clear Gatorade or PowerAde, (you may want to pour 8oz out of the bottle before mixing) Do not refrigerate longer than 1 hour before starting your prep. Do not over chill.</p> <p>6pm Drink ½ of the miralax/Gatorade solution then Drink one 8oz glass and repeat every 15minutes until you finish the 32ounces.</p> <p>If you experience nausea or vomiting take a 15-30 minute break, then continue drinking prep solution.</p>	<p>6 hours prior to procedure:</p> <p>Take the second 1/2 of the Gatorade/Miralax solution Drink one 8oz glass every 15 minutes until completed</p> <p>You may take your essential morning medications including <u>Blood Pressure Medication</u> with a few small sips of water, at least 4 hours prior to your procedure, 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>You will need:</p> <ul style="list-style-type: none"> -Insurance Cards -Driver's License/Photo ID -Any co-insurance fees due -A responsible adult driver to drive you home -Referral

You will receive your procedure results via the portal. Visit www.aagastro.com to sign up today.

Phone: 410-224-2116 Fax: 410.224.2118