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GASTROINTESTINAL DIAGNOSTIC CENTER  
700 GEIPE ROAD, SUITE 220  
CATONSVILLE, MD 21228  
410-242-3636  
**COLONOSCOPY**

410-247-7500  
X207 Jessica

DATE: \_\_\_\_\_

ARRIVAL TIME: \_\_\_\_\_

APPOINTMENT TIME: \_\_\_\_\_

GENERAL INSTRUCTIONS:

This procedure will be performed at the Gastrointestinal Diagnostic Center (GIDC), 700 Geipe Road, Suite 220. A colonoscopy takes approximately 20-30 minutes. You will then be taken to the recovery room, where you will remain approximately 1 hour.

You will be sedated for this procedure and will not be allowed to drive home or return to work after the procedure. **Please arrange for a responsible adult to transport you to and from the center. YOUR PROCEDURE WILL BE CANCELLED IF YOU DO NOT HAVE A RESPONSIBLE ADULT WITH YOU.**

MEDICATIONS:

1. If you are taking iron medications discontinue 10 days prior to preparation.
2. If you are taking aspirin, or aspirin containing medications, discontinue 7 days prior to preparation.
3. Arthritic medications should be discontinued 4 days prior to preparation.
4. If you are taking Metamucil, Colace, Pericolace, or a similar product, discontinue 2 days prior to preparation.
5. If you are **Diabetic**, please discuss your medication with your physician.  
Take ½ dose of \_\_\_\_\_ the day before your procedure, and none the morning of your procedure.
6. If you are taking antibiotics, you may continue as instructed.
7. Coumadin or other blood thinners may be stopped for several days prior to the procedure. Please discuss this with your physician.
8. Do not take any tranquilizers on the morning of your procedure, because you will have sedation.
9. If you are taking medication for your heart, you may take your medication with 4 oz. of water the morning of your procedure.
10. If you are taking medication for high blood pressure, please discuss this with your physician.
11. Please notify your physician if you are unable to complete your preparation for this procedure.

STOP: \_\_\_\_\_ prior to your procedure.

## SUPREP BOWEL PREP INSTRUCTIONS

**It is extremely important for you to be hydrated before any bowel prep. Please drink extra water a few days prior to your prep day.**

**Refrigerate both of the Suprep Bottles.**

The **FIRST** day of your prep is \_\_\_\_\_ you may have a light breakfast such as: Cereal, Oatmeal, Cream of Wheat or Scrambled Egg. You will then be on clear liquids the rest of the day.

### CLEAR LIQUIDS

Water

Clear Broth or Bouillon

Coffee or Tea (Sweetened, Black)

White Grape Juice

Clear Soft Drinks

Ice Popsicles

Apple Juice

Powdered Lemonade

Jello (Lemon or Lime)

Gatorade

Lemon Italian Ice

### DO NOT DRINK ANYTHING RED, ORANGE OR PURPLE!!!

**First Dose: Beginning at \_\_\_\_\_ :**

Pour one 6-ounce bottle of Suprep liquid into the mixing container. Add cool drinking water to the fill line on the container and mix.

Drink all the liquid in the container over the next half hour. (You can use a straw. Do not chug liquid)

**After finishing the Suprep liquid, you will drink 2 16-ounce containers of water over the next hour.**

**Second Dose: Begin at \_\_\_\_\_ :**

Pour one 6-ounce bottle of Suprep liquid into the mixing container. Add cool drinking water to the fill line on the container and mix.

Drink all the liquid in the container over the next half hour. (You can use a straw. Do not chug liquid)

**After finishing the Suprep liquid, you will drink 2 16-ounce containers of water over the next hour.**

**Continue with clear liquids**

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**Continue with clear liquids**

## SUPREP BOWEL PREP INSTRUCTIONS

### DAY 2

The day before your procedure is \_\_\_\_\_ you will stay on a clear liquid diet.  
**NO SOLID FOODS!!!!**

### CLEAR LIQUIDS

Water	Apple Juice
Clear Broth or Bouillon	Powdered Lemonade
Coffee or Tea (Sweetened, Black)	Jello (Lemon or Lime)
White Grape Juice	Gatorade
Clear Soft Drinks	Lemon Italian Ice
Ice Popsicles	

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**YOU WILL NOT BE ABLE TO HAVE ANYTHING BY MOUTH AFTER MIDNIGHT!!**