

17

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.

Prepopik Bowel Prep Instructions

You will need to purchase **4 Dulcolax Tablets OTC (Laxative)**.

Start drinking extra water three days prior to your prep day.

On the day of your prep, drink an 8oz. glass of any clear liquid every hour.

The day before your procedure is _____, you will be on a clear liquid diet the entire day. **NO SOLID FOOD!!**

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	Kool Aide
Ice Popsicles	Lemon Italian Ice

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

You will begin your prep at 6:00PM on _____ by filling the dosing kit provided with your Prepopik Bowel Prep with cold water up to the lower 5-ounce line. Pour the contents of ONE (1) packet. Stir for 2-3 minutes until dissolved.

Drink the entire dose.

After drinking the first dose, you will take 2 Dulcolax Tablets with 8-ounces of any clear liquid.

Over the next 5 hours you will need to drink (5) 8-ounce glasses of any clear liquid.

You may continue to drink clear liquids.

At 10:00PM- You will take the last 2 Dulcolax Tablets with 8-ounces of any clear liquid.

At _____ the morning of your procedure, empty the second packet into the dosing cup with 5-ounces of water. Stir 2-3 minutes until dissolved. **Drink the entire dose.**

After your second dose, drink (3) 8-ounce glasses of clear liquids.

After _____ the morning of your procedure you will not have anything by mouth. Including water.

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