

Digestive Disease Associates
Natarajan Ravendhran, M.D., FACG

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Stacey
410-247-7500
Ext 206

Colonoscopy

Your Colonoscopy is scheduled for: _____

You need to arrive at the endoscopy center at: _____ am/pm

LOCATION: Gastrointestinal Diagnostic Center
700 Geipe Road Suite 220
Catonsville, MD 21228
(410) 242-3636

To prepare for this procedure:

7 Days Before your procedure stop taking aspirin or aspirin containing medications including Advil and Motrin, iron and vitamin E supplements. A daily multivitamin is fine to continue. Tylenol is recommended for pain during this time.

3 days before your procedure stop fiber supplements. If you are taking blood thinners such as Coumadin or Plavix stop them.

Do not take diabetic medications the night before or the morning of your procedure

As soon as you wake up on _____ you will be on a Clear liquid Diet.

Avoid Red, Orange and Purple food coloring. No solid foods, No milk or Milk products

Clear Liquids

Water	Apple Juice	Italian Ice
Clear Broth or Bouillon	Powdered Lemonade	Pulp free Orange Juice
Coffee or Tea (no cream)	Jello	
White Grape juice	Gatorade	
Clear soft drinks (sprite ginger ale)	Popsicles	

On the day before your procedure:

Please drink an additional 8OZ of water every hour Starting at 8am until 11pm

At 4pm:

1. Pour in the contents of ONE 6 oz bottle of Suprep into the mixing container .
2. Add cold drinking water to the fill line on the container and mix.
3. Drink all the liquid in the container over the next hour.

You MUST drink six (6) more 8 oz containers of water over the next four hours.

You may continue to drink clear liquids until midnight, then nothing to eat or drink, except the Suprep bowel prep the morning of your procedure.

The Night before your procedure:

At 10 pm the night before your procedure

1. Pour in the contents of ONE 6 oz bottle of Suprep into the mixing container .
2. Add cold drinking water to the fill line on the container and mix.
3. Drink all the liquid in the container over the next half hour(30 minutes).
4. Drink (2) Two 16oz containers of water over the next hour

You may have nothing else to eat or drink after midnight until after your procedure.

Upon arriving at the endoscopy center you will receive anesthesia, therefore you will need to arrange for a responsible adult to take you home. The center will not release you to a transportation service or taxi cab

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