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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.

Osmoprep Instructions

Purchase 4 Dulcolax Tablets OTC (Laxative)

START DRINKING EXTRA WATER TWO DAYS PRIOR TO YOUR PREP DAY

The first day of your preparation is _____ . You may have a light breakfast such as: Cereal, Oatmeal, Cream of Wheat or a Scrambled Egg. You will then be on clear liquids the rest of the day.

- 4:00PM Take 4 Osmoprep Tablets with 8oz. of any clear liquid.
- 4:15PM Take 4 Osmoprep Tablets with 8oz. of any clear liquid.
- 4:30PM Take 4 Osmoprep Tablets with 8oz. of any clear liquid.
- 4:45PM Take 4 Osmoprep Tablets with 8oz. of any clear liquid.
- 5:00PM Take 4 Osmoprep Tablets with 8oz. of any clear liquid.
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- 9:00PM Take 4 Osmoprep Tablets with 8oz. of any clear liquid.
- 9:15PM Take 4 Osmoprep Tablets with 8oz. of any clear liquid.
- 9:30PM Take 4 Dulcolax Tablets with 8oz. of any clear liquid.

Continue drinking clear liquids.

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	

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

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MOVIPREP 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.

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	Lemon Italian Ice
Ice Popsicles	

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Beginning at 4:00PM-

Step 1: Empty 1 Pouch A and 1 Pouch B into the disposable container provided. Add lukewarm drinking water to the top line of the container. Mix to dissolve. You may refrigerate prior to drinking.

6:00PM-

Step 2: The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8oz.) until the full liter is consumed.

Drink 16-ounces of any clear liquid. This is a necessary step to ensure adequate hydration and an effective prep.

8:00PM-

Step 3: Empty 1 Pouch A and 1 Pouch B in the disposable container. Add lukewarm drinking water to the top line of the container. Mix to dissolve. You may refrigerate prior to drinking.

10:00PM-

Step 4: The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8oz.) until the full liter is consumed.

Drink 16oz. of any clear liquid. This is a necessary step to ensure adequate hydration and an effective prep.

YOU MAY NOT HAVE ANYTHING BY MOUTH AFTER MIDNIGHT!!