

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

10  
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

### YOU WILL NEED TO PURCHASE 4 DULCOLAX TABLETS OTC (LAXATIVE)

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

The first day of your prep is \_\_\_\_\_ you may have a light breakfast such as: Cereal, Oatmeal, Cream of Wheat or a Scrambled Egg. You will then be on a clear liquid diet until after your procedure.

#### 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!!!**

Begin the prep at 6:00PM on \_\_\_\_\_ by filling the dosing cup provided with cold water to the lower (5-ounce) line. Pour the contents of ONE (1) packet into the cup. Stir for 2-3 minutes until dissolved.

**Drink the entire dose.**

Over the next 5 hours drink (5) 8-ounce glasses of clear liquids.

**At 12:00AM (MIDNIGHT)** Empty the second packet into the dosing cup with 5-ounces of water. Stir for 2-3 minutes until dissolved.

**Drink the entire dose.**

Once you drink the second dose, you will need to drink (3) 8-ounce glasses of clear liquids within 1 hour.

**CONTINUE DRINKING CLEAR LIQUIDS...**

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

The first day of your prep is \_\_\_\_\_ you may have a light breakfast such as: Cereal, Oatmeal, Cream of Wheat or a Scrambled Egg. You will then be on a clear liquid diet until after your procedure.

#### 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

Kool Aide

Lemon Italian Ice

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Once you drink the second dose, you will need to drink (3) 8-ounce glasses of clear liquids within 1 hour.

CONTINUE DRINKING CLEAR LIQUIDS...

## MIRALAX-GATORADE PREPARATION

You will need to purchase 1 bottle of Miralax (238g) and 4 Dulcolax Tablets OTC (Laxative)

The day before your procedure is: \_\_\_\_\_, You will be on a clear liquid diet the entire day.

### 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!!!**

**5:00PM-** You will mix one bottle of Miralax in 32 ounces of Gatorade or any other non-carbonated liquid. Please avoid Red, Orange or Purple Gatorade as this may lead to confusion when the prep takes effect. This will form a light slurry mixture. Please shake well and refrigerate.

**Starting at 6:00PM** you will begin drinking the mix. Drink an 8oz. glass of mix every hour until finished.

**\*YOU SHOULD BE FINISHED DRINKING THE MIX AT 10:00PM\*\***

**At 10:30PM-** Take 4 Dulcolax Tablets with 8oz. of any clear liquid.

**DO NOT HAVE ANYTHING BY MOUTH AFTER MIDNIGHT!**