

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

7

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

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

Refrigerate both bottles of Suprep.

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 stay on a clear liquid diet.

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 Aid
Ice Popsicles	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.

Once mixed you will drink all the liquid in the container over the next half hour. (You can use a straw, but do NOT Chug)

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

Second Dose: _____

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.

Once mixed you will drink all the liquid in the container over the next hour. After finishing the Suprep, you will drink two (2) 16-ounce containers of water over the next hour.

Continue drinking clear liquids

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Continue drinking clear liquids

OSMOPREP INSTRUCTIONS

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

Stay on clear liquids the entire day.

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

BEGIN YOUR PREP AT:

- 6:00PM Take 4 Osmoprep Tablets with 8oz. of any clear liquid
- 6:15PM Take 4 Osmoprep Tablets with 8oz. of any clear liquid
- 6:30PM Take 4 Osmoprep Tablets with 8oz. of any clear liquid
- 6:45PM Take 4 Osmoprep Tablets with 8oz. of any clear liquid
- 7:00PM Take 4 Osmoprep Tablets with 8oz. of any clear liquid
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- 10:00PM Take 4 Osmoprep Tablets with 8oz. of any clear liquid
- 10:15PM Take 4 Osmoprep Tablets with 8oz. of any clear liquid
- 10:30PM Take **4 Dulcolax Tablets** with 8oz. of any clear liquid

You may continue to drink clear liquids until Midnight. Nothing by mouth after Midnight.

Clear Liquids

Water	Apple Sauce
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 THAT IS RED, ORANGE OR PURPLE!!!