

PLEASE READ ALL INSTRUCTIONS IN THEIR ENTIRETY IMMEDIATELY. PLEASE ASK IF YOU HAVE ANY QUESTIONS. ALL PREP RELATED QUESTIONS SHOULD BE PHONED INTO 410-332-9356 DURING OFFICE HOURS (8AM-4PM).

The after hours, on-call physicians should be used for medical emergencies only.

COLONOSCOPY PREP
NuLYTELY, CoLYTE, TriLYTE GoLYTELY
PLEASE READ

DATE:	ARRIVAL TIME:	PHYSICIAN:
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<p>Mercy Medical Center</p> <p>Bunting Endoscopy 345 St. Paul Place Baltimore, MD 21202 <i>Take the Bunting elevator down to the 2nd floor.</i></p>	<p>Maryland Endoscopy Center (MEC)</p> <p>100 West Road Suite 115 Towson, MD 21204</p>	<p>Endoscopy Center of North Baltimore (ECNB)</p> <p>1220-C East Joppa Road Suite 508 Towson, MD 21286</p>	<p>Lutherville Endoscopy Center (LEC)</p> <p>1300 Bellona Ave Suite A Lutherville, MD 21093</p>	<p>Anne Arundel Digestive Center</p> <p>8028 Ritchie Hwy #142 Pasadena, MD 21122</p>	<p>Baltimore Washington Hospital</p> <p>301 Hospital Drive Glen Burnie, MD 21061</p>
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If you are taking a blood thinner such as warfarin (Coumadin), clopidogrel (Plavix), rivaroxaben (Xeralto), prasugrel (Effient), dabigatran (Pradaxa), dipyridamole (Persantine), ticlodipine (Ticlid), or any other blood thinner, you must be seen in the office before your procedure and you must consult with the physician who prescribes the medication for you before stopping it. Stopping the blood thinners could have serious consequences such as heart attack or stroke. Your procedure can still be performed while you are taking blood thinners. However, it may not be possible to remove growth such as polyp and it may not be possible to do a biopsy. Therefore, it is sometimes preferable to postpone your procedure until it is safe to temporarily stop these medications.

You must NOT stop aspirin unless specifically told to do so by your physician. You could receive a phone call from the facility where your test is to be done telling you to stop your aspirin. Do not do that unless specifically told to do it by your physician.

Please call your GI physician or your primary physician or your cardiologist if you have any questions. There are also alternative ways to screen for colon cancer in this situation and you should feel free to ask about them.

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PLEASE ARRIVE ON TIME. CONTACT YOUR INSURANCE COMPANY PRIOR TO YOUR PROCEDURE TO DETERMINE IF A SECOND OPINION IS NECESSARY OR IF PRE-CERTIFICATION WILL BE REQUIRED.

PREPARATION:

You should NOT take any antacids, irons, or vitamins for 5 days before this test. DO NOT take Arthritis medicine 7 days before the test.

TWO DAYS BEFORE YOUR TEST ON _____ YOU MAY.

1. Have your regular breakfast.
2. Have your regular lunch prior to 12:00 noon.
3. Have a full liquid dinner only-creamed soups, coffee, tea, milk, pudding and anything else you may drink.

ONE DAY BEFORE YOUR TEST ON _____ YOU MAY.

1. Mix your prep solution first thing in the morning with warm tap water.
2. Begin a clear liquid diet when you wake up. This includes Bouillon (**no vegetables, meats, or noodles**), Juices (apple and orange (**no pulp**), Sprite, coffee, or tea (**no milk or cream**)). Please drink at least one 8 ounce glass of yellow Gatorade, water, juice, or clear soda every 4 hours during your waking hours.
3. At 4:00 p.m. you can begin drinking the prep solution – one 8 ounce glass every 10-15 minutes until you have finished the entire container.
4. AFTER drinking your prep solution continue a clear liquid diet until midnight, if you would like. NOTHING TO EAT OR DRINK AFTER MIDNIGHT!!

5. Take your heart, blood pressure, seizure, asthma, medication as usual.

THE DAY OF YOUR TEST YOU MUST:

1. Arrive at your designated arrival time.
2. Have an escort available to take you home since you MAY NOT drive or take a taxi without an escort.
3. Take your usual medicines for heart, blood pressure, seizure and asthma at least two (2) hours before you come to the hospital with a small sip of water. Bring any inhalers you may use.

WOMEN UNDER AGE 60 WHO HAVE NOT UNDERGONE A HYSERECTOMY WILL BE REQUIRED TO PROVIDE A URINE SPECIMEN THE DAY OF THE PROCEDURE.

You should take your usual morning medications the morning of your procedure (with a small sip of water) except for diabetes medications and iron. If you have questions about your medications please call your doctor.

You may call **410-332-9356** with any questions you may have.

Diet for Colonoscopy Preparation

It is important to drink only clear liquids the **entire day before or 2 days before** your scheduled colonoscopy. The day before the procedure please choose liquids from the following list to help you meet your carbohydrate requirements. **For diabetics please try for 3 meals containing 45 gm of carbohydrates and 3 snacks containing 15 gm of carbohydrates.**

½ c. Apple juice:	15 gm carbohydrates
½ c. White grape juice:	20 gm carbohydrates
1c. Clear soda (Sprite, Ginger ale, etc):	25 gm carbohydrates
½ c. Regular gelatin (lemon or lime):	20 gm carbohydrates
2 Popsicles without fruit (No red, orange, or purple):	20 gm carbohydrates
1 c. Clear sport drinks:	15 gm carbohydrates**
½ c. Italian ice (lemon or lime):	30 gm carbohydrates
1 T. sugar:	15gm carbohydrates

Following foods contain no carbohydrate, but safe to consume:

Water

Consommé broth (Beef or Chicken)

Seltzer

Diet clear soda

Sugar free clear gelatin without fruit (not red, purple or orange) (lemon or lime)

Coffee or tea (No cream or milk. Sugar and lemon are fine)

Please refrain from the following foods:

- Milk and Cream
- Milkshakes
- Tomato juice
- Orange Juice
- Cream Soups
- Any soup other than the listed broth
- Cream of Wheat
- Grapefruit Juice

Example

Breakfast:

½ cup white grape juice (20 gm carbohydrates)

½ cup lemon gelatin (20 gm carbohydrates) ***

Black coffee (0 gm carbohydrates)

Snack:

2 popsicles (20 gm carbohydrates) ***

Seltzer water (0 gm carbohydrates)

Lunch:

½ cup Italian ice (30 gm carbohydrates)

½ apple juice (15 gm carbohydrates)

Consommé/broth (0 gm carbohydrates)

Snack:

1 cup sport drink (15 gm carbohydrates) **

Sugar free clear gelatin (not red, purple or orange) (0 gm carbohydrates) ***

Dinner:

1/2 cup clear gelatin (not red, purple or orange) (20 gm carbohydrates) ***

Consommé/broth (0 gm carbohydrates)

1 c. regular soda (25 gm carbohydrates)

Snack:

2 popsicles (20 gm carbohydrates) ***

Tea with lemon (0 gm carbohydrates)

** Single serving dry sport drink mixes can have 45 gm carbohydrates. Read label!

*** Please do not drink items with red, purple or orange tints as they may interfere with your procedure.