

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 – Prepopik

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.

STOP TAKING IRON 5 DAYS PRIOR TO YOUR PROCEDURE.

THE DAY BEFORE YOUR PROCEDURE:

1. The day before your procedure, begin a **clear liquid diet**. This includes bouillon (no vegetables, meats, or noodles), juices (apple), sprite, coffee or tea (no milk or cream), ice popsicles, or Italian ice. **Avoid any red, orange, or purple liquids.** Please drink at least one 8 ounce glass of Gatorade, water, juice or clear soda every 2 hours during your waking hours.
2. Between **5-7 pm the night before your procedure**, begin taking the prep. Fill the cup provided to the 5 oz line. Pour the contents of the first packet into the cup and stir for 2-3 minutes. Drink the entire contents.
3. Drink **FIVE (5) 8-ounce drinks** of clear liquid beverage over the **next 4 hours**.

THE MORNING OF YOUR PROCEDURE:

1. Take the second dose of your prep at **2 am in the morning of your procedure**. Fill the cup provided to the 5 oz line. Pour the contents of the second packet into the cup and stir for 2-3 minutes. Drink the entire contents.
2. Drink **THREE (3) 8-ounce drinks** of a clear liquid beverage over the **next 2 hours**.
3. **You MAY NOT have anything to eat or drink after completing the prep**. If you need to take any medications, you can with a small sip of water.

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.

Colonoscopy Prep FAQs

- What if I vomit, or feel like I am going to vomit while taking the prep?
 - Take a break for 30 to 60 minutes, then resume the prep.
- What if I take the prep and nothing happens?
 - The prep may take some time to work. It may take several hours, or you may not have a bowel movement until you take the second dose.
- How do I know if my colon is clean enough?
 - Your stool should be liquid and watery by the time you have your colonoscopy. If your stool is still solid, semi-solid, or muddy, call our office prior to your procedure, or inform the nurse that is getting you ready.

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.