

GASTROHEALTH



FORMERLY DIGESTIVE DISEASE ASSOCIATES

Colonoscopy with Peg One Day Prep (Nulytely, Golytely, Colyte, Trilyte)

Patient Name:	Physician Name:	Today's Date:
Date of Procedure:	Procedure Time:	Arrival Time:

FACILITY LOCATIONS:	GENERAL INFORMATION:	5 – 7 DAYS BEFORE YOUR PROCEDURE:
<ul style="list-style-type: none"><input type="checkbox"/> Catonsville Gastrointestinal Diagnostic Ctr. <u>Phone (410-242-3636)</u> 700 Geipe Rd, Ste 220, Baltimore, MD 21228 <input type="checkbox"/> St. Agnes Hospital – GI Services Department <u>Phone (410-368-2200)</u> 900 Caton Avenue, Baltimore MD 21229 <input type="checkbox"/> Howard Co Gastrointestinal Diagnostic Ctr. <u>Phone (410-772-7345)</u> 10710 Charter Drive, Suite 120, Columbia, MD 21044 <input type="checkbox"/> Howard County General Hospital, Dr. Berman and Kay Ota Berman Pavilion <u>Phone (410-884-4500)</u> 5759 Cedar Lane, Columbia, MD 21044	<ul style="list-style-type: none">➤ IV sedation or anesthesia is usually given during your procedure. Due to regulatory requirements and for your safety, you must arrange for an adult (18+) to drive you home, or risk procedure cancellation. ➤ You will not be able to drive, operate machinery, make important decisions or return to work for the rest of the day. ➤ You may resume normal activities the next day unless the doctor states otherwise. ➤ If you have any questions concerning your procedure or need to cancel, please call the respective office. ➤ Wear comfortable, loose fitting clothing that is easy to step into. Wear flat shoes or tennis shoes. ➤ The center is not responsible for your property. Do not wear jewelry or bring valuables with you to the Center or Hospital. ➤ The morning of the procedure, only drink the required liquid preparation. <hr/> <p>YOU WILL NEED TO PURCHASE:</p>	<p>5 – 7 DAYS BEFORE YOUR PROCEDURE:</p> <p>IF YOU HAVE DIABETES: Follow your GI Physician's recommendations for oral and insulin medication.</p> <p>If you are on Aspirin, Coumadin, Warfarin, Plavix, Heparin, Lovenox, Fish Oil or any other blood thinners:</p> <ul style="list-style-type: none">➤ Your gastroenterologist may have advised you to stop taking blood thinners prior to your procedure. You will need to stop taking these medications 5-7 days prior to your procedure. ➤ The GI physician may have to obtain Cardiac Clearance before your procedure can be scheduled. The office will contact you once clearance is obtained. ➤ 5-7 days before the procedure stop eating salads, raw vegetables, nuts, seeds and popcorn.

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WHAT YOU CANNOT DRINK



- Any liquid that is red, orange, blue or purple in color
- No milk, dairy cream or non-dairy products
- No alcohol
- No orange juice or lemonade

WHAT YOU CAN DRINK

- White grape juice, white cranberry juice, and apple juice
- Kool-Aide, Powerade, Gatorade and powdered Crystal Light
- Popsicles and Italian Ice
- Broth or bouillon: Beef, Chicken or Vegetable flavored
- Water, Soda, Tea or coffee
- Hard candy and sugar
- Jell-O

NO red, orange, blue or purple liquid from this list

THE KEY TO A GOOD PREPERATION

Drink plenty of the correct fluids, see “What You Can Drink.” You must take ALL of the PREP solution as directed to clean your bowel adequately. Even if you are passing clear liquid, you must continue to take the entire dose of the prep the day before your exam. Failure to follow prep instructions may result in rescheduling of the procedure due to poor preparation.

THE DAY BEFORE YOUR COLONOSCOPY

- **No solid food and NO ALCOHOL**
- **Clear liquids only all day**
- **8 oz.=1 Cup and 16 oz.= 2 Cup**

8 AM: Mix water with your bowel prep powder until it is all dissolved.

KEEP COLD in the refrigerator. You may add powdered Crystal Light or use the “flavor packs” for better taste.

- **NO red, orange, blue or purple liquid.**

4-5 PM: Begin drinking the solution at a rate of 16 ounces every 30 minutes (over 4 hours) until the container is empty.

- Please continue to drink clear liquids until bedtime.
- Apply a petroleum based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.
- Confirm that you have a driver to take you home.



THE DAY OF YOUR COLONOSCOPY

- You should take your essential medications with a small sip of water (e.g. heart and blood pressure).
- If your procedure is scheduled for the afternoon you may have clear liquids up until 4hrs prior to your procedure.

STOP drinking liquid at _____am/pm

- Please refer to the “What You Can Drink” list in the first column. **No red, orange, blue or purple liquid.**
- **No liquids 4 hours before procedure.**
- The correct time of this dose is essential to an effective preparation.



Additional Comments:
