



**ANNE ARUNDEL
GASTROENTEROLOGY
ASSOCIATES, P.A.**

William A. Cassidy, MD
James M. Blake, MD
Anthony J. Calabrese, MD, FACP
Michael N. Peters, MD, FACP
John L. Newman, MD, FACP
Suzanne L. Sankey, MD
Douglas D. Dykman, MD, FACP
Christopher F. Schultz, MD
Charles J. Cattano, MD, FACP
Melanie L. Jackson, MD
Praveena G. Velamati, MD
Amanda M. Era, CRNP

Bestgate Medical Clinic
820 Bestgate Road, Suite 2A
Annapolis, Maryland 21401
410-224-2116
Fax 410-224-2118

Robinson Crossing
474 B Ritchie Highway
Severna Park, Maryland 21146
410-224-2116
Fax 410-224-2118

AAMC Health Services-Bowie
4175 North Hanson Court
Suite 209
Bowie, Maryland 20716
410-224-2116
Fax 410-224-2118



An Affiliate of Anne Arundel
Gastroenterology Associates, P.A.

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Gastroenterology Associates, P.A.

Bestgate Medical Clinic
820 Bestgate Road, Suite 2A
Annapolis, Maryland 21401
443-837-2036
Fax 443-837-2037

www.aagastro.com
Toll Free 1-866-224-AAGA
Local 410-280-AAGA (2242)

AAGA074 (Rev 9/10)

PREPARATION INSTRUCTIONS FOR COLONOSCOPY

(Prescription Required)
MOVI PREP

Date of Procedure _____

Arrival Time _____

Procedure Time _____

- PLACE**
- MD Center for Digestive Health
Bestgate Medical Clinic
820 Bestgate Road, Suite 1A
Annapolis, MD 21401
 - AAMC (Anne Arundel Medical Center)

INSTRUCTIONS

GENERAL INSTRUCTIONS:

- Please notify the office at least one week prior to procedure if you are taking medications for diabetes or if you are taking blood thinners including Plavix, Coumadin and Warfarin. (Please bring a list of current medications you are now taking.)
- Because medications you will receive will make you drowsy, you will not be a competent driver. You must make arrangements for someone to drive you home. Your transportation provider must wait for you.

SEVEN DAYS PRIOR:

- Discontinue aspirin products, iron tablets, blood thinners, herbal products, vitamins and dietary supplements one week prior to colonoscopy unless otherwise advised by your physician.
- Discontinue ibuprofen (Advil, Nuprin or Motrin) or other non-steroidal (NSAID) anti-inflammatory medications for seven days prior to colonoscopy. You may take Tylenol if needed. (Celebrex and Bextra are okay.)
- Avoid foods with seeds and nuts.

DAY OF PROCEDURE:

See reverse for additional instructions.

PATIENT RESPONSIBILITY

IT IS YOUR RESPONSIBILITY TO CHECK WITH YOUR INSURANCE COMPANY REGARDING PRE-AUTHORIZATION AND ANY REFERRALS NECESSARY FOR THIS PROCEDURE. YOU WILL NEED TO PRESENT A CURRENT PHOTO ID, VALID INSURANCE CARD AND VALID REFERRAL, IF REQUIRED. YOU WILL BE EXPECTED TO PAY ANY COPAYMENTS, COINSURANCE, DEDUCTIBLES AND OUTSTANDING BALANCES AT THE TIME OF YOUR APPOINTMENT. IF YOU ARE NOT PREPARED TO PAY THE FEES DUE, YOUR APPOINTMENT MAY BE CANCELLED.

PLEASE LEAVE VALUABLES AT HOME OR WITH THE RESPONSIBLE TRANSPORTATION PROVIDER. PLEASE BRING YOUR EYEGLASSES, IF APPLICABLE, AS WELL AS SUFFICIENT CASH, CREDIT CARD OR CHECK FOR YOUR FINANCIAL RESPONSIBILITY.

IT WILL BE NECESSARY FOR YOUR TRANSPORTATION PROVIDER TO WAIT FOR YOU.

Anne Arundel Gastroenterology Associates provides medical services regardless of race, color, age, national origin, sex, religion, or handicap. If you are hearing impaired or have a language barrier, please notify our office.

PATIENT INSTRUCTIONS FOR COLONOSCOPY
(MOVI PREP)
(PRESCRIPTION REQUIRED)
OVER THE COUNTER MILK OF MAGNESIA REQUIRED

NOTICE: There are some instructions on and inside the MOVI PREP box, please ignore those and follow only these instructions.

TWO DAYS BEFORE YOUR PROCEDURE _____

- Drink at least 48 ounces of fluid today
- Purchase your Milk of Magnesia
- Review your prep instructions

THE DAY BEFORE YOUR PROCEDURE _____

Do not eat any solid foods or dairy products. Drink only clear liquids for breakfast, lunch and dinner. Clear liquids include clear juices such as apple or white grape, clear broth or bouillon, Jell-O, Italian ices, sodas, Gatorade, Kool Aid, water and only small amounts of tea and coffee (without milk or creamer). Drinks with red, orange or purple color are NOT ALLOWED. Drink plenty of fluids throughout the day.

2PM _____, take 2-3 tablespoons of Milk of Magnesia which is purchased over the counter

6PM _____, begin MOVI PREP

Step One: empty one Pouch A and one Pouch B into the disposable container. Add lukewarm drinking water to the top line of the container. Mix to dissolve.

Step Two: The MoviPrep container is divided by 4 marks, approximate 8 ounces each. Every 15 minutes, drink the solution down to the next mark until the container is empty. Then drink 16 ounces of any of the clear liquids

SIX hours prior to your procedure _____, repeat Step One and Step Two as outlined above. You need to finish 4 hours before your procedure.

Do not drink clear liquids while you are drinking your prep solution.

You may use hemorrhoid cream or A/D ointment to avoid irritation.

If your procedure is scheduled at Maryland Center for Digestive Health (MCDH, our outpatient Bestgate Road facility), you may continue to drink clear liquids up to four hours before your procedure. However, during the four hour period before your test, take nothing by mouth (not even water, ice, chewing gum or hard candy).

For procedures scheduled at the hospital (AAMC, Anne Arundel Medical Center) there are greater restrictions on eating—no food or drink is permitted after midnight the morning of your procedure.

Preparation quality is your responsibility—it is critical you follow these instructions. The effectiveness of your colonoscopy in finding polyps and preventing cancer is largely dependent upon you providing an excellent colon preparation. Thanks for helping us help you.

Failure to adhere to preparation instructions may result in cancelation and rescheduling of your procedure.