

**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

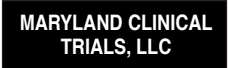
Robinson Crossing  
474 B Ritchie Highway  
Severna Park, Maryland 21146  
410-224-2116  
Fax 410-224-2118

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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Annapolis, Maryland 21401  
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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)

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# PREPARATION INSTRUCTIONS FOR COLONOSCOPY

(Prescription Required)  
**ORAL COLON LAVAGE  
AM PROCEDURE**

**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.)

### 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.*

## **ORAL COLON LAVAGE FOR MORNING PROCEDURE**

(Prescription Required)

### **FOLLOW THESE INSTRUCTIONS**

The solution is designed to wash your intestinal tract. It is not absorbed into the body and avoids the need for enemas.

For the best possible examination, the colon must be completely empty of waste materials, so only liquids should be taken for the entire day before the procedure.

**Take your usual medication as you normally do on the day of your exam unless directed differently by your doctor.**

#### **I. DAY BEFORE THE EXAM: LIQUID DIET ONLY (BREAKFAST, LUNCH, DINNER)**

Liquids Allowed:

Coffee (no more than 8 ounces), tea, coffee substitutes, carbonated beverages  
(No more than 16 ounces dark colored colas)

Jello gelatin without food particles, and not red in color, ices

All strained fruit juices (no red coloring)

Broth, bouillon

Do not consume red colored liquids

a. No solid food allowed.

b. Take 2 - 3 tbsp. of Milk of Magnesia at 11:00 a.m. the day prior to the exam.

#### **II. FOR AN EXAMINATION THE FOLLOWING MORNING, BEGIN DRINKING THE SOLUTION BETWEEN 4:00 P.M. AND 6:00 P.M. THE DAY PRIOR TO PROCEDURE.**

a. The oral colon lavage may be mixed with one package of lemonade Crystal Light (found in the powdered beverage section of your supermarket), or a flavor package dispensed by your pharmacy, if desired. Do not refrigerate for more than two hours.

b. Drink one-half (1/2) of the solution in one hour. Wait one hour and then drink the remainder of solution in the following 1 to 2 hours. If you experience nausea or severe bloating during the prep, wait until this passes before continuing to drink. If movements continue to contain solid material, then administer tap water or Fleet enema. If you are having difficulty with the prep, please refer to Frequently Asked Questions. If you have additional questions, please call 410-224-2116 so that we may advise you.

c. Do not eat anything on the day of the exam. You may have sips of water or coffee up to 4 hours prior to your exam once your prep is completed. You may brush your teeth.

d. If you are having an upper endoscopy with the colonoscopy you may not drink up to 4 hours prior to your exam.

e. If your exam is at AAMC, you may not drink after midnight