

**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

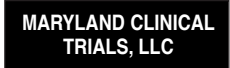
Robinson Crossing
474 B Ritchie Highway
Severna Park, Maryland 21146
410-224-2116
Fax 410-224-2118

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)

AAGA050 (Rev 2/10)

PREPARATION INSTRUCTIONS FOR COLONOSCOPY WITH MIRALAX 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.)

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.

COLONOSCOPY WITH MIRALAX PREP

FOLLOW THESE INSTRUCTIONS

You will need the following:

- 4 Dulcolax Tabs: 5 mg each
- 64 oz. of clear/non-colored Gatorade or Powerade
- 225 gm bottle of Miralax

TWO DAYS BEFORE PROCEDURE

Purchase Miralax, 225 gm bottle, 64 oz. bottle (or two 32 oz.) of “clear” Gatorade or Powerade. You will also need to purchase 4 Dulcolax tablets (5 mg each) at this time.

DAY BEFORE PROCEDURE

- a. The day before the procedure, DRINK PLENTY OF CLEAR FLUIDS ALL DAY.
No food is allowed.

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

- b. At **3:00 P.M.** - Take 2 Dulcolax tablets by mouth with a glass of water.
- c. Mix the entire bottle of Miralax in the bottle of “clear” Gatorade or Powerade (you may want to pour one 8 oz. glass out of the bottle of “clear” Gatorade or Powerade before mixing). Refrigerate for no longer than 1 hour before starting your prep. Don't over chill liquid.
- d. At **6:00 P.M.** - Drink one 8 oz. glass of Miralax and “clear” Gatorade or Powerade. Repeat every 15-45 minutes until you have finished the 2 liter/64 oz. of liquid (approximately 1 1/2 to 2 hours).
- e. At **8:00 P.M.** - Take 2 more Dulcolax tablets with a glass of water.

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

Do not eat anything on the day of the exam. You may have sips of water or coffee (no more than 8 ounces) up to 4 hours prior to your exam (6 hours prior to exam with Upper Endoscopy). Once your prep is completed, you may brush your teeth.

AAMC Hospital requires nothing by mouth after midnight before a Colonoscopy or Gastroscopy (Upper Endoscopy). 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.