



MDTEC

Maryland Diagnostic & Therapeutic Endo Center
621 Ridgely Avenue, Suite 101 (entrance in back of building)
Annapolis, MD 21401
410-224-3636

PREP E (colon prep solution plus 2 bottles Magnesium Citrate)

The date of your colonoscopy is _____

Arrival time will be provided by a prep nurse 2-3 days prior to your procedure. Please bring your insurance card, photo ID, and a referral if necessary. If you do not have a referral, the procedure may be cancelled. You will receive sedation and must have someone 18 years old or older to accompany you and drive you home.
If you are diabetic, please call our pre-op nurse for instructions (410-224-3636, ext 496).

PLEASE READ THESE INSTRUCTIONS NOW AND AGAIN ONE WEEK PRIOR TO PROCEDURE.

7 DAYS PRIOR TO PROCEDURE: Please check with your prescribing physician for approval to stop Coumadin and/or Plavix. Discontinue fiber products, iron supplements, vitamin E, and all vitamin and herbal supplements. Avoid garlic, fish oil, corn, seeds, nuts, popcorn, peas or beans. Please review and prepare for CLEAR LIQUID DIET (on page 2) that is started one day prior to procedure. Purchase your colon prep solution plus 2 bottles of Magnesium Citrate at your pharmacy.

5 DAYS PRIOR TO PROCEDURE: Discontinue Plavix unless instructed otherwise.

3 DAYS PRIOR TO PROCEDURE: Discontinue Coumadin unless instructed otherwise. Discontinue use of all aspirin and aspirin products, anti-inflammatories (ibuprofen, Advil, Motrin, naproxen, Aleve, Celebrex); use Tylenol if needed.

2 DAYS PRIOR TO PROCEDURE: Take one bottle of Magnesium Citrate in the afternoon or evening.

1 DAY PRIOR TO PROCEDURE:

- 1. DRINK CLEAR LIQUIDS ALL DAY.** Refer to page 2 for CLEAR LIQUID DIET.
- Drink 2nd bottle of Magnesium Citrate by 10am.
- Prepare colon prep solution according to container's instructions with a flavor pack or 1-2 tubes of Crystal Light Lemonade. Begin drinking your solution at 5pm over 3-4 hours, approximately one cup every 10-15 minutes. **YOU MUST DRINK THE ENTIRE CONTAINER.**

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT. NOT EVEN WATER. No gum, lozenges, or candy. Exception: you may take your heart, blood pressure, seizure or asthma medications with a small sip of water no later than 6am the morning of your procedure.

THE MORNING OF YOUR PROCEDURE:

Your stool should be light yellow/orange to clear with no solid particles. If it is not, please take an extra bottle of Magnesium Citrate, or let the pre-op nurse know when you arrive. **There is a chance that lesions in the colon can be missed if bowel preparation is not adequate.**



CLEAR LIQUID DIET

Clear Broth: beef or chicken
Bouillon
Orange or pineapple Jell-O without fruit
Water
Coffee (no cream)
Tea
Apple juice
White grape juice
Yellow Country Time lemonade
Sodas
Gatorade or Kool-Aid
Popsicles
Ice slushy

These items are not allowed:

Alcohol
Milk
Yogurt
Cream
Slim-fast
Tomato juice
Cream soups
Oatmeal
Cream of wheat
Grapefruit juice
Any solid food

you may use salt, pepper and sugar

AVOID ANYTHING COLORED RED, PURPLE OR BLUE.

CANCELLATION POLICY

We require a 48 hour notice for cancellations or to reschedule a procedure. If you do not provide a 48 hour notice you will be responsible for a \$100.00 missed procedure fee.

Frequently asked questions:

Q: *What do I do if I become nauseated or begin vomiting?*

A: A few things that patients have found helpful are; chilling bowel prep solution in the refrigerator, using flavoring packs (if your prep provided this), and using a straw. If you experience nausea, stop drinking for 30 minutes and then restart.

Q: *Why can't I drive myself home?*

A: You cannot drive yourself home because you will receive sedation. If you need to use a taxi or driver service, you will still need an adult companion (18yo or older) to accompany you.

Q: *Is alcohol considered a clear liquid?*

A: No.

Q: *Can I have anything to eat or drink after midnight before my procedure?*

A: No, nothing, unless it is included in the prep. You may take your heart, blood pressure, seizure or asthma medications with a small sip of water.

Q: *When will I be notified of my biopsy results?*

A: If biopsies were taken at the time of your colonoscopy, you will receive a letter or a phone call with your results and recommendations typically within two weeks. Please do not call the office.

If you have any questions, please refer to our website first

(www.mdtecmd.com or www.dda.net), or call:

410-224-3636