

Calvert Internal Medicine Group; Gastroenterology Department

Dr. Y. Renee Bright

Dr. Dolores Rhodes

Dear _____

You are scheduled to have a colonoscopy with Dr. Bright/ Rhodes on _____ at _____ am/pm. The procedure is at **Calvert Digestive Disease Associates**. It is located at 985 Prince Frederick Blvd., Suite 104, Prince Frederick, MD, 20678. (It is inside the Calvert Internal Medicine building in Prince Frederick.)

Please arrive 1 hour prior to your appointed time!

If you are female and have **NOT** had a total hysterectomy or have not been completely menopausal for at least 12 months, please get a blood pregnancy test drawn between _____ to minimize delays in your procedure. Please have blood drawn at any Calvert Internal location (985 Prince Frederick Blvd, Suite 201 in Market Square. Dunkirk Medical Center—where urgent care is, suite 204. Solomons Medical Center—where urgent care is, suite 2500.)

Because of the sedation you will receive, you will NOT be able to drive yourself home or drive the remainder of the day. Please make arrangements in advance for your transportation to stay from check in time until you are discharged. **YOU CAN NOT HAVE THIS PROCEDURE DONE IF NO RIDE IS AVAILABLE AT THE TIME OF YOU APPOINTMENT!** Taxicabs and public transportation are not acceptable options.

Your prep instructions are on the next page. Please read them carefully.

If you are taking gel capsule vitamins (like fish oil), NSAIDS (Motrin, ibuprofen, Aleve), arthritis medications, iron, or blood thinners such as Coumadin or Plavix, please stop taking them 5 days prior to your procedure. Baby aspirin (81mg) and Tylenol are OK to continue. If you have any questions regarding this, please contact your physician before doing this procedure.

-Take your regularly prescribed medications up to 3 hours before your procedure is scheduled with a small sip of water. Examples: heart or blood pressure medication. (Bring all inhalers with you.) – Please bring a list of all medications you are taking along with dosages. – Please bring your insurance card(s). – If your insurance requires a referral, please bring one. – Please leave all jewelry at home. – If there are any changes in your medical history, please contact your physician.

If you have any questions or need to cancel/reschedule your procedure for any reason, please call 410-414-6182 between the hours of 9am-4pm, Monday through Friday.

Instructions for your colonoscopy:

****You will need to purchase a total of (3) Magnesium Citrate 10oz. bottles (any flavor that is clear) and (4) laxative tablets (Dulcolax or pharmacy brand). ****If you require antibiotics before routine dental work, or are a diabetic taking insulin or pills, or taking a blood thinner, or have cardiac stents, or have renal disease, or on dialysis consult your physician for additional instructions before beginning this procedure.

Day before examination: Drink only “clear liquids” for breakfast, lunch, and dinner. **No solid foods, milk, or milk containing products. No liquids that are colored red or purple. No alcoholic beverages.**

Clear liquids include:

Strained fruit juices without pulp (apple, white grape, lemonade), water, clear broth or bouillon, coffee, tea (without milk or non-dairy creamer), gatorade, carbonated and non-carbonated soda (pepsi, coke, sprite, 7-Up, etc.) kool-aid or other fruit flavored drinks, plain jello (without fruits or toppings), ice popsicles.

*****Prep tips if needed—chill it, sip it, mix it with clear liquid above, eat a popsicle first*****

The day before the exam at 5:00pm:

***Drink (2) bottles of Magnesium Citrate.** Make sure you drink it all. Follow this with several glasses of approved “clear liquid”. **After, take (4) laxative tablets.** *Drink at least (3) more full 8 ounce glasses of “clear liquids” before going to bed. You are encouraged to drink throughout the night to avoid becoming dehydrated.

The day of the exam at 4:00am:

Drink (1) bottle of Magnesium Citrate, finish by 5:00am. Make sure you drink it all. Follow immediately with several glasses of approved “clear liquids”. *Continue to drink clear liquids until (3) hours before exam time.

DO NOT DRINK AFTER _____ . If a small amount is consumed, your procedure may be cancelled. Please take any essential morning medications by this time.

Calvert Internal Medicine Group;

Gastroenterology Department

Dr. Bright and Dr. Rhodes

985 Prince Frederick Blvd., Suite 105

Prince Frederick, MD 20678

Phone: 410-414-5309 * Fax: 410-414-6179

Effective February 18, 2013:

Due to an increasing amount of cancellations the day before scheduled procedures, there will be a charge of **\$150**, if you do not cancel your procedure without a **48 business hour** notice. (For example, if you are scheduled on a Monday, you will need to cancel by the Thursday prior.) This is to allow our staff to fill the appointment with someone else in time to prep for the test.

If you are having difficulties with preparing for the test (after office hours), please contact the physician by calling 410-535-4000.

Thank you for your understanding,

Calvert Internal Medicine Group