

*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 \_\_\_\_\_ . The procedure is at Calvert Digestive Disease Associates 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 a 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 due to hospital policy. Please have the bloodwork 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 YOUR 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 on blood thinners such as Coumadin or Plavix, please stop taking these medications 5 days prior to your procedure. Tylenol and aspirin are OK. 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 you procedure is scheduled with a small sip of water. Examples: heart or blood pressure medications. (Bring all inhalers with you.)

-Please bring with you a list of all medications you are taking along with dosages.

-Please bring your insurance card(s) so that the receptionist can make a copy.

-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 are a smoker, please refrain from smoking the day of your procedure until after your procedure is done\*\***

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

### Instructions for your colonoscopy:

\*\*Please read all prep instructions at least (5) days before your colonoscopy examination. Your dosage schedule may be adjusted by your physician.

\*\*You will need to purchase (1) bottle of Miralax- 8.3 oz (238 grams), (4) laxative tablets (Dulcolax or pharmacy brand), and 64 oz of Gatorade (no red or purple).

\*\*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 or tea (without milk or non-dairy creamer)

Gatorade

Carbonated and non-carbonated soda (pepsi, coke, sprite, 7-Up)

Kool-aid or other fruit flavored drinks

Plain Jell-o (without fruits or toppings)

Ice popsicles.

**5:00pm:** Take (2) laxative tablets. Drink with (1) full glass of clear liquid.

**6:00pm:** Mix the entire bottle of Miralax with 64oz Gatorade. Shake well until completely dissolved. Pour half of the liquid into a 32oz container. Drink 32oz of the Miralax solution. Refrigerate the rest.

**7:00pm:** Take (2) dulcolax tablets. Drink with (1) full glass of clear liquid. You are encouraged to drink more fluids.

#### Day of Examination:

**4:00am:** Drink the remainder of 32oz of Miralax solution, finish by 5:00am. Follow immediately with glasses of approved clear liquid.

\*Continue to drink clear liquids until (3) hours before exam time.

DO NOT DRINK AFTER \_\_\_\_\_AM/PM. If a small amount is consumed, your procedure may be cancelled.

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Foods that are generally allowed on a low-fiber diet include:

- White bread without nuts and seeds
- White rice, plain white pasta, and crackers
- Refined hot cereals, such as Cream of Wheat, or cold cereals with less than 1 gram of fiber per serving
- Pancakes or waffles made from white refined flour
- Most canned or well-cooked vegetables and fruits without skins or seeds
- Fruit and vegetable juice with little or no pulp, fruit-flavored drinks, and flavored waters
- Tender meat, poultry, fish, eggs and tofu
- Milk and foods made from milk — such as yogurt, pudding, ice cream, cheeses and sour cream — if tolerated
- Butter, margarine, oils and salad dressings without seeds

You should avoid:

- Whole-wheat or whole-grain breads, cereals and pasta
- Brown or wild rice and other whole grains, such as oats, kasha, barley and quinoa
- Dried fruits and prune juice
- Raw fruit, including those with seeds, skin or membranes, such as berries
- Raw or undercooked vegetables, including corn
- Dried beans, peas and lentils
- Seeds and nuts and foods containing them, including peanut butter and other nut butters
- Coconut
- Popcorn

\* Low fiber diet 5 days prior to the procedure.

**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