

Calvert Internal Medicine Group  
Gastroenterology Department  
Dr. Y. Renee Bright  
Dr. Dolores Rhodes-Height

Dear \_\_\_\_\_,

You are scheduled to have a colonoscopy with Dr. Bright/Dr. Rhodes-Height on \_\_\_\_\_ at \_\_\_\_\_.

Your procedure will be done at Calvert Digestive Disease Associates located at 985 Prince Frederick Blvd Suite 104 in Prince Frederick (same building as Calvert Internal). **Please arrive 60 minutes prior to your appointment time!**

\_\_\_\_ You are fully vaccinated for COVID-19 and are NOT required to have a COVID test prior to your procedure. **You must bring your vaccination card with you the day of procedure to provide proof.**

\_\_\_\_ You are not vaccinated or not fully vaccinated for COVID-19. You are required to have a rapid COVID test no sooner than 7 days before your procedure. **You are responsible for having your test done between \_\_\_\_\_.** Testing can be done through your primary care provider, Patriot Urgent Care, or any pharmacy that offers rapid COVID testing. **You are responsible for bringing a copy of the negative results the day of procedure; otherwise, the appointment will be cancelled.** Please self-quarantine as best as possible from the date of testing until your procedure.

If you are a female and have not had a hysterectomy or have not been completely menopausal for at least 12 months, **you must get a blood pregnancy test drawn between \_\_\_\_\_ to minimize delays in your procedure.** Please have your lab work done at any Calvert Internal Medicine Group location (Dunkirk, Prince Frederick, Solomons). **Lab work is done on a walk-in basis.**

Because of the sedation, you will NOT be able to drive yourself or the remainder of the day of procedure. Please plan in advance for your transportation to stay from check-in until discharge. **If no transportation is available at the time of your procedure, it will be cancelled.** Taxis, Uber, Smart Ride, and public transportation are NOT acceptable options.

Please read your prep instructions carefully (on the next page). If applicable, please stop taking gel-capsule vitamins (like fish oil), NSAIDS (ibuprofen, Advil, Aleve, Naproxen), arthritis medications, iron supplements, or blood thinners such as coumadin or Plavix, **please stop taking them 5 days prior to procedure.** Aspirin and Tylenol are acceptable. **Any regularly prescribed medications may be taken until 3 hours before procedure time.**

**Please bring:** any inhalers, a list of your medications with dosages, insurance cards, and a referral if your insurance requires one. Please leave all jewelry at home (including body piercings). If there are any changes in your medical history between the time of scheduling and procedure, please inform your physician. **If you are a smoker, please refrain from smoking the day of your procedure until your procedure is finished.**

**If you have any questions or need to cancel/re-schedule your procedure, please call 410-414-5309 option 2 between 9am-4pm Monday-Friday. If you need assistance with your prep AFTER HOURS, call the hospital at 410-535-4000 to have your Gastroenterologist paged.**

## Colonoscopy Instructions

**\*\*\*You will need to purchase a total of (1) bottle of 8.3oz Miralax and (4) laxative tablets (any over the counter brand that is NOT a stool softener) and a 64oz. bottle of non-red or purple Gatorade.\*\*\*** *If you are a medication-dependent diabetic, on blood thinners, have cardiac stents, or on dialysis for renal disease, please reach out for additional instructions regarding your procedure.*

**Day before procedure:** Drink only “clear liquids” for breakfast, lunch, and dinner as seen below. **No** solid foods, milk or milk-containing products, powdered creamer, liquids colored red or purple, or alcohol.

### Clear liquids include:

Strained fruit juices without pulp (apple, white grape, lemonade), water, clear broth or bouillon, coffee, tea (avoiding creamer of any type), Gatorade, soda (pepsi, coke, sprite, etc.), kool-aid or other fruit-flavored drinks, plain jello (without fruit or toppings), ice popsicles.

**\*\*\*Prep tips if needed---** chill it, sip it slowly, mix it with a clear liquid above, eat a popsicle first to numb the tongue**\*\*\***

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

**6:00pm—** Mix the entire bottle of Miralax with a 64oz. bottle of Gatorade. Shake until completely dissolved. Only drink half of the solution (32oz). Refrigerate the rest.

**7:00pm---** Take (2) laxative tablets. Follow with at least (1) full glass of clear liquid. You are encouraged to drink fluids throughout the night to avoid dehydration. **It is important to not limit yourself to only water. Your body will need electrolytes/salts from other clear liquids as the laxative takes effect.**

**The day of exam at 4:00am---** Drink the remainder of the 32oz. Miralax solution, finish by 5:00am. Make sure you drink it all. You are encouraged to drink liquids until (3) hours before test time. If you notice your stools are still running brown and/or not completely liquid and clear/yellow like urine, please have your doctor paged at (410)535-4000.

**DO NOT DRINK AFTER \_\_\_\_\_.** **If a small amount of liquid is consumed after this cutoff time, your procedure may be cancelled. Please take any essential morning medications by this time!**