



MDTEC

Procedure Instruction Packet

READ this instruction packet completely at least 7 days prior to your procedure!!

***Your procedure may be cancelled if these instructions are not followed.*

Date of Procedure: _____

Procedure Scheduled: _____

Required Arrival Time: _____

- We ask all patients to arrive 1 hour prior to the estimated start time of their procedure.

Estimated Start Time of Procedure: _____

- Note: The exact time for each procedure varies from patient to patient. Our physicians give each patient outstanding care and undivided attention.

Please print this packet out if you are receiving it by email.

It is important that you read the instructions a few times before your procedure. We recommend you set a reminder on your calendar 7-10 days prior to your procedure to ensure you are prepared and understand your restrictions.

Important: If you are scheduled for a colonoscopy, *follow our instructions **ONLY**. Do **NOT** follow the instructions within the colonoscopy prep kit you receive at the pharmacy.*

Following the instructions within this packet is very important. We want to ensure your procedure will be performed with success.

You will receive a confirmation call or text 72 hours prior to your scheduled procedure.

A copy of these instructions may also be found online at: www.mdtec.md.com

Colonoscopy Prep Instructions with Plenvu Prescription & 1 Bottle Magnesium Citrate



MARYLAND DIAGNOSTIC & THERAPEUTIC ENDO CENTER



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410-224-3636

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YOUR BOWEL Prep IS VERY IMPORTANT- Please read instructions carefully!

10 Days Prior	1 Week Prior	5 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p>You must STOP taking Phentermine, or any medication containing Phentermine.</p> <p><u>Examples:</u> Qsymia, Qnexa, Adipex-P, Suprenza, Fastin or Phentercot</p>	<p>Pick up your prescription and 1 bottle Mag Citrate.</p> <p>Only follow these instructions. Do NOT follow box instructions.</p> <p>If you take dietary, herbal or fiber supplements, or medications containing iron, discontinue these 7 days before your appointment.</p> <p>If you take Coumadin, Plavix, Pradaxa, Xarelto, Eliquis or other blood thinners:</p> <p>You must obtain permission to withhold this medication prior to your procedure.</p> <p>Contact our pre-operative nurse for concerns or questions at 410 224-3636</p> <p>You MAY continue to take: once daily aspirin (81mg or 325mg daily)</p>	<p>Stop consuming all food with seeds, corn and nuts.</p> <p>Stop taking ibuprofen, Advil, Aleve and NSAIDs</p> <p>You may take Tylenol as needed.</p>	<p>Drink at least four 8oz. glasses of water throughout the day.</p>  <p>Blood Pressure and Heart medications:</p> <p>Continue to take these medications as directed. Take them the day of your procedure with a small sip of water no less than 2 hours before procedure.</p> <p>Inhalers and Nasal Spray:</p> <p>Continue to take these medications as directed. Bring with you day of procedure.</p> <p>If you have a fever, cold, or respiratory symptoms within 48 hours of your procedure- call us.</p> <p>Eat light dinner.</p> <p>6pm: Drink 1 Bottle of Magnesium Citrate. Then Drink One 8oz glass of Water. NO Solid Foods after this dose.</p>	<p>Begin clear liquid. NO Solid foods today. Red, purple or blue colored liquids are not allowed.</p> <p>Acceptable clear liquids include: water, clear broth, apple juice, white cranberry juice, white grape juice, soda, gelatin (Jello), popsicles, coffee, and tea (<u>no milk or creamer</u>).</p> <p>If you are taking diabetic medication, cut your dose in half this day and do not take any diabetic medication day of procedure.</p> <p>If you have an insulin pump, check with prescribing MD for instructions.</p>  <p>Drink at least four 8oz. glasses of water throughout the day. Do NOT drink alcohol the day before your procedure.</p> <p>6pm: Begin Plenvu Prep- Part 1</p> <p>Step 1-Empty Dose 1 Pouch (Mango Flavor) in container. Add 16oz. water. Mix with spoon to dissolve.</p> <p>Step 2- Drink solution until all solution has been consumed within 30 minutes.</p> <p>Step 3- Refill container with 16oz water and drink slowly over 30 minutes.</p> <p><u>It should take you no more than 1 hour to complete these steps.</u></p>	<p>Morning Dose Plenvu- Part 2</p> <p>If your procedure is scheduled before 1130am: At 3am complete below steps.</p> <p>If your procedure is scheduled after 1130am: At 730am complete below steps.</p> <p><u>It should take 1 hour to complete</u></p> <p>Step 1- Empty dose 2 (pouch A &B) into container. Add 16oz. water. Mix with spoon to dissolve.</p> <p>Step 2- Drink solution until all solution has been consumed within 30 minutes.</p> <p>Step 3- Refill container with 16oz water and drink slowly in 30 minutes.</p> <p><u>It should take you no more than 1 hour to complete these steps.</u></p> <p>**You need to finish 4 hours prior to your procedure.</p> <p>Nothing by mouth at least 4 hours prior to scheduled procedure time-including gum, hard candy or mints.</p> <p>No smoking the day of procedure.</p> <p>You may take your essential morning medications with a small sip of water, at least 2 hours prior to your procedure, unless otherwise directed by your physician.</p> <p>You will need:</p> <ul style="list-style-type: none"> -Insurance Cards -Driver's License/Photo ID -Any co-insurance fees due <p>-A responsible adult driver to drive you home. A taxi or shuttle is not an approved means of transportation unless you have a family member or friend with you. You may not drive until the day after your procedure.</p>



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Medication Record Form

- This form must be completed prior to your procedure.
- Please list all prescriptions, over the counter medications, vitamins and supplements taken in the last month.
- Please remember to review medication instructions provided on page 1 of your procedure instructions.
- *If you have questions regarding your medications prior to your procedure, please call 410-224-3636 and ask to speak with our procedure coordinator.*

Medication Name	Dose	Frequency and Time(s) Taken	<u>Date / Time of Last Dose</u>

Patient Signature

Date



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Medication Record Form

Patient Signature

Date