



820 Bestgate Road Suite 1A
Annapolis, Maryland 21401
410-224-2116

Colonoscopy with Standard Miralax/Mag Citrate Prep

Your Procedure:

You are scheduled for a colonoscopy. The doctor will examine the lining of your large intestine with a colonoscope. If polyps or other abnormalities are found during the procedure, the doctor will remove the abnormal tissue for further evaluation.

Patient Name: _____


Date of Procedure _____

Arrival Time _____

Procedure Time _____

Place: _____] Maryland Center for Digestive Health
Bestgate Medical Clinic
820 Bestgate Road, Suite 1A
Annapolis, Maryland 21401
_____] AAMC (Anne Arundel Medical Center)

YOUR BOWEL PREP IS EXTREMELY IMPORTANT! PLEASE READ INSTRUCTIONS CAREFULLY

1 Week Prior	5 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p>Purchase the following:</p> <ul style="list-style-type: none"> -Dulcolax, three 10mg tablets (not suppositories) -64oz Gatorade or PowerAde : no red, orange or purple -Miralax 238gm Bottle -One 10oz bottle Magnesium Citrate (not red) <p>Follow these instructions, not the box instructions.</p> <p>If you take dietary, herbal or fiber supplements or medications containing iron, including multi-vitamins with iron, discontinue these 7 days before your appointment.</p> <p><u>If you are taking blood thinners including Coumadin (Warfarin), Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Effient (Prasugrel) and Eliquis (Apixaban), you will need an office visit prior to your procedure.</u></p> <p>You may <u>continue</u> your "baby" aspirin and regular aspirin if you were prescribed them for a cardiovascular condition.</p>	<p>Begin low fiber diet. See Reverse.</p> <p>Stop consuming all high-fiber foods. This includes food with seeds and nuts.</p> <p>If you are taking Plavix (Clopidogrel), stop taking it today.</p> <p>If you are taking ibuprofen (Advil, Nuprin or Motrin) or other non-steroidal (NSAID) anti-inflammatory medications, stop taking them today. Tylenol and Celebrex are okay to use.</p>	<p>No instructions</p>	<p>Begin clear liquid diet. No solid foods today. Red, purple or orange colored liquids are not allowed. You may have small amounts of coffee or tea without cream.</p> <p>Drink at least four 8oz glasses of water throughout the day.</p>  <p>4pm Take Dulcolax, three 10mg tablets.</p> <p>5pm Thoroughly mix the entire bottle of Miralax in the bottle of "clear" Gatorade or PowerAde (you may want to pour 8oz out of the bottle before mixing) start drinking one 8oz glass every 10-15 minutes until you've finished the entire 64oz. It is recommended to have approximately 1 hour between Dulcolax and starting the Miralax.</p> <p>If you experience nausea or vomiting take a 15-30 minute break, then continue drinking prep solution.</p>	<p>6 hours prior to procedure Drink 10 oz bottle of Magnesium Citrate followed by another 32 ounces of clear liquid.</p> <p><u>NOTHING by mouth at least 4 hours prior to your scheduled procedure time – including gum, tobacco, hard candy/mints!</u></p> <p>You may take your essential morning medications with a few small sips of water, at least 4 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 -A responsible adult driver to drive you home - Referral

You will receive your procedure results via the portal. Visit www.aagastro.com to sign up today.

Phone: 410-224-2116 Fax: 410-224-2118

Milk and dairy



- OK to eat:**
- Milk
 - Cream
 - Hot chocolate
 - Buttermilk
 - Cheese, including cottage cheese
 - Yogurt
 - Sour cream

Bread and grains



- OK to eat:**
- Breads and grains made with refined white flour (including rolls, muffins, bagels, pasta)
 - White rice
 - Plain crackers, such as Saltines
 - Low-fiber cereal (including puffed rice, cream of wheat, corn flakes)

Meat



- OK to eat:**
- Chicken
 - Turkey
 - Lamb
 - Lean pork
 - Veal
 - Fish and seafood
 - Eggs
 - Tofu

Nuts, nut butter, seeds



- OK to eat:**
- Creamy (smooth) peanut or almond butter

Fats and oils



- OK to eat:**
- Butter
 - Margarine
 - Vegetable and other oils
 - Mayonnaise
 - Salad dressings made without seeds or nuts

Soups



- OK to eat:**
- Broth, bouillon, consomme, and strained soups
 - Milk or cream-based soup, strained

Legumes



- NO yogurt mixed with:**
- nuts, seeds, granola
 - fruit, with skin or seeds (such as berries)

None allowed

- NO:**
- Dried peas (including split or black-eyed)
 - Dried beans (including kidney, pinto, garbanzo/chickpea)
 - Lentils
 - Any other legume

Fruits



- OK to eat:**
- Fruit juice without pulp
 - Applesauce
 - Ripe cantaloupe and honeydew
 - Ripe, peeled apricots and peaches
 - Canned or cooked fruit without seeds or skin

Vegetables



- OK for some if cooked or canned:**
- Canned or cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips)
 - Potatoes without skin
 - Cucumbers without seeds or peel

Desserts



- OK to eat:**
- Custard
 - Plain pudding
 - Ice cream
 - Sherbet or sorbet
 - Jell-O or gelatin without added fruit or red or purple dye
 - Cookies or cake made with white flour, prepared without seeds, dried fruit, or nuts

Drinks or beverages



- OK to eat:**
- Coffee
 - Tea
 - Hot chocolate or cocoa
 - Clear fruit drinks (no pulp)
 - Soda and other carbonated beverages
 - Ensure, Boost, or Enlive without added fiber

Other



- OK to eat:**
- Sugar
 - Salt
 - Jelly
 - Honey
 - Syrup
 - Lemon juice

NO seeds, skin, membranes; or dried fruit:

- Raw fruit with seeds, skin, or membranes (includes berries, pine apple, apples, oranges, watermelon)
- Any cooked or canned fruit with seeds or skin
- Raisins or other dried fruit

NO raw, skin, seeds, peel, or certain other vegetables:

- Corn
- Potatoes with skin
- Tomatoes
- Cucumbers with seeds and peel
- Cooked cabbage or Brussels sprouts
- Green peas
- Summer and winter squash
- Lima beans
- Onions

NO:

- Coconut
- Anything with seeds or nuts
- Anything with added red or purple dye
- Cookies or cakes made with whole grain flour, seeds, dried fruit, or nuts

NO:

- Fruit or vegetable juice with pulp
- Beverages with red or purple dye

NO:

- Coconut
- Popcorn
- Jam
- Marmalade
- Relishes
- Pickles
- Olives
- Stone-ground mustard