

JATINDER S. SEKHON, M.D.
SUSAN H. BARTON, M.D.

10110 Molecular drive., #109, Rockville, MD 20850
(301) 417-9528

PATIENT NAME: _____

We perform procedures at the following locations:

Advanced Surgery Center, LLC
10110 Molecular drive
Suite 100
Rockville, MD 20850
(301) 838-0437

Shady Grove Adventist Hospital
Out-Patient Surgery Center
9901 Medical Center Drive
Rockville, MD 20850
240-826-6000

Please **ARRIVE** at: _____ on _____
Time Date

2 DAYS PREPARATION INSTRUCTIONS FOR COLONOSCOPY
(NuLyteLy or GoLyteLy)

- STOP COUMADIN/WARFARIN or PERSANTINE (Dipyridamole) THREE (3) DAYS PRIOR TO YOUR PROCEDURE**
- DO NOT TAKE ASPIRIN SEVEN (7) DAYS BEFORE THE PROCEDURE OR ANY NSAIDS (Advil, Motrin, Ibuprofen, Aleve, etc)**
- STOP PLAVIX FOUR (4) DAYS PRIOR TO YOUR PROCEDURE**

YOU MUST MAKE ARRANGEMENTS FOR SOMEONE YOU KNOW TO DRIVE YOU HOME. You may not drive for the rest of the day once the procedure is completed. The sedation, which makes the procedure comfortable, will take time to wear off. **NO CAB!!!**

YOU WILL NEED TO FILL YOUR PRESCRIPTION:

You will receive a prescription to obtain one (1) gallon of **Colyte/GoLyteLy/Trilyte/NuLyteLy** from your local pharmacy.

2 DAYS BEFORE THE TEST: DO NOT eat any solid foods after 3 P.M. HAVE CLEAR LIQUIDS ONLY for supper. Take 1 bottle of Magnesium citrate at 7 P.M. and the drink 3 glasses of water over the next three hours.

THE DAY BEFORE THE PROCEDURE:

1. Do NOT take any diuretics (water pills) the day before or day of the procedure.
2. No solid foods after 8:00 a.m.
3. Start a clear liquid diet

Clear liquids include:

Coffee or tea without milk or creamer, water-either carbonated or regular, Gatorade, ginger ale, apple juice, 7-Up; Jell-O(not dark-colored),bouillon or broth. Sugar and/or artificial sweeteners are allowed.

4. Mix the NuLyteLy or GoLyteLy as directed in the a.m. on the day before your procedure. Chill in the refrigerator until you are ready to start drinking it. You may want to chill a glass in the refrigerator as well as to keep the NuLyteLy or GoLyteLy cold while drinking it.
5. **2 P.M.** Take 3 Dulcolax (bisacodyl) tablets (each 5mg) by mouth with an 8 ounce of water.

6. At 4:00 p.m. begin drinking 8 ounce glasses of the prepared liquid. Drink until all 4 liters have been consumed. You must be finished by midnight. It is best to drink the whole glass rather than sip small amounts. Rinse your mouth with cool water or ginger ale between glasses. Drinking with a straw may help.
7. After drinking all 4 liters, you may have clear liquids until midnight.

****Bowel movements should begin about 1 hour after drinking the first glass. They will continue for several hours after you finish drinking the last glass. By then, the stool should be liquid and clear.**

THE DAY OF THE PROCEDURE:

1. Nothing by mouth until after the procedure. (If the procedure is scheduled for 2:00 p.m. or later, you may drink clear liquids until 9:00 a.m.)
2. You should **take your blood pressure medications** up to 3 hours before the procedure with a sip of water unless otherwise instructed by your physician.
3. If you take diabetic medication, **do take it the night before of your procedure.**
4. Bring to your appointment all inhalers that you may have.
5. On the day of your procedure, please do not wear perfume, cologne, or scented powders.

PLEASE NOTE: IF YOU NEED TO CHANGE OR CANCEL YOUR PROCEDURE, PLEASE CONTACT US AT LEAST 48 HOURS PRIOR TO YOUR SCHEDULED APPOINTMENT OR YOU MAY BE SUBJECT TO A \$100 CANCELLATION FEE.



HELPFUL HINTS

- ✔ Try a soft toilet tissue or pre-moistened bathroom wipe to prevent soreness from wiping.
- ✔ If you experience anal irritation and burning because of the diarrhea induced by the bowel preparation, we recommend using Tucks or any brand of baby wipe followed by a generous application of Vaseline petroleum jelly to the external anus after each watery bowel movement.
- ✔ You may want to place some light reading material in the bathroom.
- ✔ Feelings of bloating, abdominal fullness, and nausea are common. This is temporary and will subside.
- ✔ If any problems or questions arise, please call our office at (301) 417-9528.