

**THE ENDOSCOPY CENTER**  
7402 York Road, Suite 101  
Towson, Maryland 21204  
410-494-1846

**THE ENDOSCOPY CENTER AT BEL AIR, LLC**  
620 W. MacPhail Road, Suite 104  
Bel Air, Maryland 21014

## COLONOSCOPY instructions with VISICOL

Your colonoscopy is scheduled on \_\_\_\_\_ at \_\_\_\_\_ am/pm.

### LOCATION:

- The Endoscopy Center – Towson
- The Endoscopy Center – Bel Air
- Franklin Square Outpatient
- St. Joseph's DDC
- Good Samaritan DDC

Arrival Time: \_\_\_\_\_ am/pm Procedure Time: \_\_\_\_\_ am/pm

**PLEASE ARRIVE AT YOUR SCHEDULED ARRIVAL TIME OR YOUR PROCEDURE MAY BE POSTPONED OR CANCELLED.**

In preparation for your procedure, we ask that you observe the following instructions:

If you are taking COUMADIN or Other Anti-Coagulants- Ask your Doctor if you need to stop prior to procedure.

3 DAYS BEFORE – Avoid any foods with corn or seeds until after the colonoscopy.

2 DAYS BEFORE – It is recommended that you drink at least 8 (8 oz) glasses of fluids during the 2 days before your procedure.

THE DAY BEFORE – DRINK ONLY clear liquids for the entire day before the procedure.

**\*\*\*NO SOLID FOODS\*\*NO MILK OR MILK PRODUCTS\*\*NO RED/PURPLE DYE\*\*\***

### Clear liquids include:

- Water
- Strained fruit juices without pulp (apple, white grape, lemonade)- Coffee or tea (NO MILK)
- Clear broth or bouillon (NO fats)
- Carbonated and non-carbonated soft drinks (7-UP, Sprite, Ginger Ale, Coke, Gatorade (no red/purple)
- Kool-Aid or fruit flavored drinks (no red/purple)
- Plain jello (no red/purple) & no added fruits or toppings)
- Ice popsicles (no red/purple)

### **TAKE HEART, BLOOD PRESSURE AND SEIZURE MEDICINES WITH WATER IN THE MORNING ONE (1) HOUR AFTER TAKING VISICOL TABLET.**

**NOTE:** Individual responses to laxatives may vary. This prep may cause multiple bowel movements. It often works within 30 minutes or it may take as long as 5 hours. Please remain within easy reach of toilet facilities.

- Wear loose clothing
- Do not take diuretics (fluid pills), insulin or other diabetic agents! **Diabetics:** bring your diabetic medication With you.
- You must have someone with you or scheduled to pick you up after the procedure is over. If not, your procedure will be cancelled. This is for your safety!
- You cannot drive a car, operate machinery, drink alcohol, or make any legal decisions for the entire day of your procedure.

### **REMEMBER:**

- **TAKE HEART, BLOOD PRESSURE AND SEIZURE MEDICATIONS AS DIRECTED ABOVE.** Follow directions carefully.
- **ARRIVE PROMPTLY AT SCHEDULED ARRIVAL TIME. SOMEONE MUST DRIVE YOU HOME.**
- **BRING YOUR MEDICATIONS OR A LIST OF MEDICATIONS AND DOSAGES WITH YOU TO RECORD IN YOUR CHART.**

If you encounter any problems with these instructions or have any questions regarding the procedure, please do not hesitate to call. We are always happy to answer any questions for you.

If you are having difficulty with the prep: \*Vomiting or \*Prep is not clearing the bowel, OR.....

If you have any questions or need to cancel your appointment, please call ASAP

Your return appointment is on: \_\_\_\_\_, at \_\_\_\_\_ am/pm at:

- Towson
- Whitesquare (Philadelphia Rd)
- Bel Air
- No appointment follow-up is scheduled
- Schedule follow-up with your physician

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