

**IMPORTANT:**

1. STOP Iron tablets 1 week before your procedure.
2. STOP Phenteramine, and other weight reduction medications 2 weeks before your procedure.
3. You must notify the office of all prescriptions you are taking. Patients with diabetes or heart disease may need specific instructions.
4. It is critical that you notify the doctor if you take **Aspirin, Plavix, Coumadin (Warfarin), Effient, or Pradaxa.**

**REMEMBER:**

1. FOR YOUR COLONOSCOPY - DO NOT Eat: Corn of any kind, raw fruits, nuts, raw vegetables, or fiber supplements 3 days before your procedure.
2. DO NOT Chew gum or have hard candy the day of your procedure.
3. DO NOT Smoke the day of your procedure.

**THE DAY BEFORE YOUR COLONOSCOPY:**

1. You are to have only **CLEAR Liquids** with no Red dye.  
Clear liquids include: Juices without pulp, water, broth, black coffee, or black tea, and Gatorade. You may have Jell-O, soda, and popsicles so long as they are not colored red.
2. Do not have: solid foods, milk or milk products.
3. Drink 6-8 glasses of water starting 8AM until 5PM to get yourself well hydrated.

**PLEASE SEE THE INSTRUCTIONS ON HOW TO TAKE YOUR BOWEL PREP SOLUTION**

**DAY OF THE PROCEDURE (Colonoscopy or EGD)**

1. You may not eat anything including gum and hard candy.
2. You may drink clear fluids only up to 4 hours before your procedure.
3. You must have someone to drive you home because you will be receiving intravenous sedatives.
4. If on blood pressure, seizure, anxiety or thyroid medications please take as directed with a small sip of water.
5. Do not take diabetes pills.
6. Decrease your insulin dose by ½.
7. You may brush your teeth but do not swallow.

**If you experience vomiting, please contact the office or the on-call physician.**

**If you use inhalers, bring them with you to the Endoscopy Centre.**

**Please call us immediately if you have any questions or concerns.**

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