

**Ashraf M Sufi, MD, LLC**  
**18111 Prince Philip Drive, Suite 204**  
**Olney, MD 20832**  
**Phone: 3015701510**

**Locations:**

**1. Medstar Montgomery Medical Center.**

**2. White Flint Surgery Center.**

*Please inform us if you decide to cancel your procedure 48 hours before your scheduled time.*

**Colonoscopy Preparation:**

Colonoscopy examination involves the visual examination of the large intestine (colon) using a lighted flexible fiber optic endoscope. It requires thorough cleaning of your colon. If your colon is clean, view of inner lining of your colon will be best and chances of missing any lesion or abnormal spot especially in right side of your colon will be minimal. Your procedure will be also complete, quick and thorough. If your colon is not clean, we may have to cancel the procedure. As you will be sedated, procedure will be comfortable and painless. You may feel a little bloating and discomfort after the procedure and passing gas will eliminate the discomfort. Procedure will last about 30 minutes but you will be in the endoscopy unit for about two hours to observe your vital signs and make sure that you are stable on discharge.

**Please bring someone to drive you back home as after sedation, you will not be able to drive or use public transport till the next day. Please do not work on the day of the procedure or make any important decisions.**

Have your prescription of Golytely or Colyte filled at your local pharmacy few days before the procedure.

**Note:** Individual responses to laxatives do vary. This prep may cause multiple bowel movements. Often works within 30 minutes; however may take as long as 3 hours. If you are unable to keep the prep down, please call us at above number.

**DAY BEFORE COLONOSCOPY**

Prepare CoLyte or Golytely in the morning according to instructions if not already mixed in gallon of water. Refrigerate.

You may have a light breakfast. Clear liquids the rest of the day, including lunch and dinner. **No milk or milk products. Examples of clear liquids are given on next page.**

At 3.00pm day before the colonoscopy procedure, take 4 tablets of 5 mg Dulcolax tablets. (Total of 20 mg). You can get dulcolax tablet over the counter.

5.00 P.M. begin drinking Golytely solution one glass at a time until half is taken. Take rest of it starting at 9.00 P.M. You should drink 8 oz every 10 minutes till finished.

### DAY OF COLONOSCOPY

**Nothing to eat or drink after midnight.** You may brush your teeth, and rinse with water.

Arrive at ----- one to one and half hour before the procedure depending where your procedure is being done.

Bring colostomy supplies if applicable

If currently menstruating please use a tampon if possible.

### Examples of clear liquid diet:

#### YOU MAY HAVE:

**Water, Tea, or Black Coffee (WITHOUT CREAMER)**



**Soft Drinks: 7-Up, Ginger Ale, Sprite, Pepsi, Coke.**



**Sports Drinks, Kool-Aid, Etc. (No RED or PURPLE)**



**Strained Fruit Juices (WITHOUT PULP):**

**White Cranberry, White Grape, Apple Juice, Etc.**



**Desserts: Clear Hard Candies**



#### YOU CANNOT HAVE:



**NO SOLID FOOD!**

**NO ALCOHOLIC BEVERAGES!**



**NOTHING PURPLE or RED!!!!!!!**



**NO DAIRY, MILK OR CREAMER.**



**NO CANNED SOUPS or CRACKERS!  
DO NOT ADD FRUIT OR TOPPINGS!  
NO JELL-O!**



## **NOTHING TO EAT OR DRINK AFTER MIDNIGHT!**

### **Other Precautions before the procedure**

**Coumadin:** Stop it four (4) days before colonoscopy. After being off Coumadin 4 days prior to your colonoscopy, have PT/INR-PTT (lab tests) taken 24 hours prior to the colonoscopy. No coumadin on the day of your colonoscopy. Ask physician when to resume your coumadin after the procedure.

**Plavix:** Stop it three (3) days before colonoscopy.

**Dialysis Treatment. Can be done on the alternate day.**

**Aspirin and Iron Pills:** Stop for seven (7) days before colonoscopy

**Aggrenox:** Stop three (3) days to five (5) days prior to colonoscopy.

**Anti-Seizure and Blood Pressure Medications** – take at least 2 hours before the scheduled colonoscopy with a small sip of water

**Insulin:** No insulin or diabetic oral medications day before and on the day of your colonoscopy till colonoscopy is done. Ask your physician when to resume your Insulin. Have your blood sugar checked with your glucometer and let the nurse know the reading of your blood sugar before the procedure.

**Pacemaker with Internal Defibrillator.** Please let us know if you have pacemaker with internal defibrillator.

**All other medications: Take the day before, but not the day of your colonoscopy. Resume after colonoscopy.**

**Thanks for choosing our office for your GI care.**

**Ashraf Sufi, MD.  
Gastroenterology**