

Calvert Internal Medicine Group
Gastroenterology Department;
Dr. Y. Renee Bright
Dr. Dolores Rhodes-Height

Dear _____,

You are scheduled to have a colonoscopy with Dr. Bright/Rhodes-Height on _____ at _____. The procedure is at **Calvert Digestive Disease Associates** at 985 Prince Frederick Blvd., Suite 104, Prince Frederick, MD 20678. (It is inside the Calvert Internal Medicine Group building in Prince Frederick.)

Please arrive 60 minutes prior to your appointed time.

You are required to have a COVID-19 test no sooner than one week prior to your procedure. This service will be provided by Calvert Internal Medicine Group; Prince Frederick, Dunkirk, and Solomons.

You will receive a call from the scheduler 8 days before your procedure date to be scheduled for testing. Our providers ask that you self quarantine as best as possible from the date of testing until your procedure.

If you are female and have NOT had a total hysterectomy or have not been completely menopausal for at least 12 months, **please get a blood pregnancy test drawn between _____ to minimize delays in your procedure.** Please have the blood drawn at any Calvert Internal Medicine Group location (Dunkirk, Prince Frederick, and/or Solomons).

Because of the sedation, you will NOT be able to drive yourself home or drive the remainder of the day. **Please make arrangements in advance for your transportation to stay from check in to check out. YOU CAN NOT HAVE THIS PROCEDURE DONE IF NO RIDE IS AVAILABLE AT THE TIME OF YOUR APPOINTMENT!** Taxi cabs and public transportation are not acceptable options.

Your prep instructions are on the next page. Please read them carefully.

If you are taking gel capsule type vitamins, NSAIDS (Motrin, ibuprofen, Aleve), arthritis medications, fish oil, iron supplements or blood thinners such as Coumadin or Plavix, please stop taking these medications **5 days prior to your procedure. Aspirin and Tylenol are acceptable.** If you have any questions regarding this, contact your prescribing physician before doing this procedure.

-Take your regularly prescribed medications up to 3 hours before your procedure is scheduled.

-Please bring all inhalers with you.

-Bring a list of all medications you are taking along with dosages.

-Bring your insurance card(s) with you.

-If your insurance requires a referral for billing, please bring it with you.

-Leave all jewelry at home including body piercings.

-If there are any changes in your medical history, contact your physician.

-If you are a smoker, please refrain from smoking the day of your procedure until after it is done.

If you have any questions or need to cancel your procedure for any reason, please call 410-414-5309 option 2, between 9am-4pm on Monday- Friday. If you need assistance with your prep AFTER HOURS, have your doctor paged at the hospital, 410-535-4000.

Foods that are generally allowed on a low-fiber diet include:

- White bread without nuts and seeds
- White rice, plain white pasta, and crackers
- Refined hot cereals, such as Cream of Wheat, or cold cereals with less than 1 gram of fiber per serving
- Pancakes or waffles made from white refined flour
- Most canned or well-cooked vegetables and fruits without skins or seeds
- Fruit and vegetable juice with little or no pulp, fruit-flavored drinks, and flavored waters
- Tender meat, poultry, fish, eggs and tofu
- Milk and foods made from milk — such as yogurt, pudding, ice cream, cheeses and sour cream — if tolerated
- Butter, margarine, oils and salad dressings without seeds

You should avoid:

- Whole-wheat or whole-grain breads, cereals and pasta
- Brown or wild rice and other whole grains, such as oats, kasha, barley and quinoa
- Dried fruits and prune juice
- Raw fruit, including those with seeds, skin or membranes, such as berries
- Raw or undercooked vegetables, including corn
- Dried beans, peas and lentils
- Seeds and nuts and foods containing them, including peanut butter and other nut butters
- Coconut
- Popcorn

* Low fiber diet 5 days prior to the procedure.