

NORTHERN VIRGINIA GASTROINTESTINAL ASSOCIATES

Colonoscopy and Gavilyte/Miralax Instructions

Yo	our procedure is schedu	led on / at	_:am/pm	Check in time:	:am/pm
3301 Woodb Annandale, V (703) 752-25: Go to www.woodburner Click "For Patient" tab at Print and Fill-in all 4 "Pat **If your procedure is your ride MUST rema Cancellation Policy	ndoscopy.com the top ient Check-In Forms" s scheduled at 2:00 PM or in at the facility during yo c Cancellations and/or s	ur procedure**	Garage, 3 rd floor) 2 nal Service Building** business days inc	Go to www.onemedicalpassport.co medical history. Upon completion please contact (703) 663-1428 for pre-op nurse ur a \$350 charge. This charge	m to complete your of your medical history, phone interview with
The Week BEFORE Colonoscopy	relief) and purcha Gatorade. Please Stop taking Iron-co Stop the following allows: Plavix, Clop office in advance if Avoid high-fiber for strawberries. You I	ese 1 small bottle (7 ounce of follow our instructions and nationing vitamins and medic blood thinners if, and only if idogrel, Effient, Brillinta, Couprescribing physician does nods: ALL Nuts, popcorn, mad MAY have COOKED Vegetab	laily dose) of Miral disregard the instance ations the Prescribing Fumadin, Warfarin, not approve stopp rmalades and seconds.	eds, including fresh fruits tha NW Vegetables.	counter and 32 oz of homber of days s/he Please notify GI
	• Begi	n and remain on a strict CLE	AR LIQUID Diet (s	ee table on next page).	

		Begin and remain on a strict CLEAR LIQUID Diet (see table on next page). AT 9:00AM		
Two Days	Upon	Take the Ducolax (Bisacodyl) Tablet		
BEFORE Colonoscopy	waking	 Now is a good time to mix your Gavilyte and refrigerate. Mix contents of the Gavilyte container with drinking water to the top line on container. Flavored powder mix may be added to improve taste. 		
	7:00 PM	 (You will drink the solution in two sessions) Begin drinking HALF the solution, about 8oz every 15 minutes. Continue drinking clear liquids. It is very important to remain hydrated 		

	7:00 AM	Drink the remaining half of Gavilyte, 8oz every 15 minutes until the solution is finished.
The Day	Mix the entire bottle of MiraLax with the bottle of Gatorade in a pitcher. Stir the solution u	
BEFORE	7:00 PM	MiraLax is dissolved. Begin drinking the solution. Drink ONE- 8oz glass of solution every 15 minutes until 2 GLASSES are finished.
Colonoscopy	71001111	Refrigerate the remainder of solution.
		• *If you feel nauseated during the process, take a break until your stomach settles and restart. Before retiring, drink at least three 8oz glasses of clear liquids to help prevent dehydration.

The Day of Colonoscopy

- 4 hours prior to your CHECK-IN time, begin drinking the remaining TWO- 8oz glasses of mixed MiraLax/Gatorade: Drink ONE-8oz of solution every 15 minutes until finished. NOTE: This may be in the middle of the night or very early morning.
- TAKE NOTHING BY MOUTH WITHIN 3 HOURS OF YOUR CHECK-IN TIME.
- You may take critical medications with Clear Liquids up until 3hrs. Before your CHECK-IN time.
- You must have someone to drive you home or accompany you home on public transportation.
- You must not drive or be responsible for important decisions until the morning after your procedure.

Clear Liquid Diet List:

- Gatorade, Powerade (sports drinks with electrolytes are recommended to help with hydration)
- Water, tea, or coffee (No cream or milk; sugar is ok)
- Broth or Bouillon
- Jell-O[®], Popsicles[®], Italian ice (no fruit or cream added)
- Apple, white grape, or white cranberry juice (No orange, tomato, grapefruit, prune, or any juice with pulp)
- Soda such as Sprite[®], 7-Up[®], ginger ale, or any cola
- · Clear hard candy, gum
- Lemonade (with no pulp), iced tea
- Avoid all RED and PURPLE liquids—they can look like blood in the colon!

Important Notes and Helpful Hints:

- 1. Nothing by Mouth within 3hrs of your check-in time. This includes clear liquids, candy, and gum. Taking anything by mouth within 3hrs of check-in will cause a delay or cancellation of your procedure.
- 2. Your exam will only be as good as your colon prep. A good sign that the prep has been effective is the transition to clear, watery bowel movements. If, 2 hours prior to your check-in time, your bowel movements are <u>not</u> clear (that is, if they are still solid or mostly brown), please call the phone number below for instructions.
- 3. You may use baby wipes instead of toilet paper and Vaseline in case of a sore bottom.
- 4. Remain close to toilet facilities as multiple bowel movements may occur. The prep often starts working within an hour but may take many hours to start working.
- 5. You may take oral medications with water during the prep and up to 3 hours before check-in time.
- 6. Please allow 7-10 business days for all the exam results.

Diabetic Patients:

- 1. Please refer to **Diabetic Protocol** form provided by our office and Hold (do not take) your diabetic medication the morning of the colonoscopy.
- 2. Use sugar free drinks for liquids (like Crystal Light) during the prep to avoid increases in blood sugar. Monitor and control your blood sugar closely during your prep to prevent low and high blood sugar. Note: Your procedure may need to be cancelled if your blood sugar is over 300mg/dl on arrival.

If you have any questions AFTER you have read your instructions, please call us at (703) 876-0437

There is a \$350 LATE CANCELLATION FEE for procedures not cancelled at least SEVEN (7) BUSINESS DAYS prior to your procedure date. Your insurance will not cover this fee; you are responsible for the payment. If you must cancel, do not call the facility where your procedure is scheduled, please call our office at (703) 876-0437 and select option 3 to speak with procedure coordinator.