



Colonoscopy and Gavilyte/Miralax Instructions

Your procedure is scheduled on ___ / ___ at ___:___ am/pm

Check in time: ___:___ am/pm

Woodburn Endoscopy Center
3301 Woodburn Rd Suite 109
Annandale, VA 22003
(703) 752-2557

INOVA Fairfax Hospital Medical Campus
3300 Gallows Rd (Blue Garage, 3rd floor)
Falls Church, VA 22042
(571) 472-3344

McLean Surgery Center
7601 Lewinsville Rd Suite 440
McLean, VA 22102
(703) 663-1428

Go to www.woodburnendoscopy.com
Click "For Patient" tab at the top
Print and Fill-in all 4 "Patient Check-In Forms"

Go to www.onemedicalpassport.com to complete your
medical history. Upon completion of your medical history,
please contact (703) 663-1428 for phone interview with
pre-op nurse

**If your procedure is scheduled at 2:00 PM or after,
your ride MUST remain at the facility during your procedure**

Cancellation Policy: Cancellations and/or scheduling within Seven (7) business days incur a \$350 charge. This charge is not covered by
insurance. If you need to cancel and or reschedule, please call our office at (703-876-0437, select option 3.

Table with 2 columns: The Week BEFORE Colonoscopy, and instructions for the week before including pharmacy visits, medication adjustments, and diet restrictions.

Table with 2 columns: Two Days BEFORE Colonoscopy, and instructions for the two days before including diet and medication timing.

Table with 2 columns: The Day BEFORE Colonoscopy, and instructions for the day before including solution preparation and drinking schedule.

Table with 2 columns: The Day of Colonoscopy, and instructions for the day of the procedure including final diet and transportation requirements.

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 not 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.