

# Colonoscopy and **Suprep/MIRLAX** 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**  
3300 Gallows Rd  
Falls church, VA 22042  
(703) 776-2000

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



\*\*\*Ground Floor, Inova Professional service building\*\*\*



Go to [www.woodburnendoscopy.com](http://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](http://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 p.m. Or after your ride MUST remain at the facility during your procedure\*\***

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

<b>The Week BEFORE Colonoscopy</b>	<ul style="list-style-type: none"> <li>Go to the pharmacy, Fill your Prescription of <b>Suprep</b> and <b>purchase 1 small bottle (7 ounce daily doses) of MiraLax (4.1 Oz (119 g))</b> over the counter and 32 oz of Gatorade.</li> <li><b>Stop</b> taking Iron-containing vitamins and medications</li> <li><b>Stop</b> the following blood thinners <b>if, and only if,</b> the Prescribing Physician approves for the number of days s/he allows: Plavix, Clopidogrel, Effient, Brillinta, Coumadin, Warfarin, Pradaxa, Xarelto and Eliquis. Please notify GI office in advance if prescribing physician does not approve stopping any of these meds.</li> <li><b>ONE</b> week prior avoid ALL Nuts, popcorn, marmalades and seeds, including fresh fruits that contain seeds like strawberries. You <b>MAY</b> have <b>COOKED</b> Vegetables but <b>AVOID RAW</b> Vegetables.</li> </ul>
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<b>Two Days BEFORE Colonoscopy</b>	Upon waking	<ul style="list-style-type: none"> <li><b>Begin and remain on a strict CLEAR LIQUID Diet.</b> (See table on next page)</li> <li>It is very important to remain hydrated. Drink lots of liquid throughout the day.</li> </ul>
	6:00pm	<ul style="list-style-type: none"> <li><b>You will begin drinking your first dose of the Suprep.</b> Pour one (1) 6oz bottle of Suprep into the mixing container. Add cool drinking water to the 16oz line on the container. You must drink ALL the liquid in the container followed by two (2) more 16oz containers of water over the next hour.</li> <li>Continue drinking clear liquids. It is very important to remain hydrated.</li> </ul>

<b>The Day BEFORE Colonoscopy</b>	7:00am	<ul style="list-style-type: none"> <li><b>Begin drinking the second dose of your Suprep.</b> Pour the second 6oz bottle of Suprep into the mixing container. Add cool drinking water to the 16oz line on the container. You must drink ALL the liquid in the container followed by two (2) more 16oz containers of water over the next hour.</li> </ul>
	7:00pm	<ul style="list-style-type: none"> <li>Mix the entire bottle of MiraLax with the bottle of Gatorade in a pitcher. Stir the solution until the MiraLax is dissolved. Begin drinking the solution. Drink ONE- 8oz glass of solution every 15 minutes until TWO GLASSES are finished.</li> <li><b>Refrigerate the remainder of solution.</b></li> <li>*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.</li> </ul>

<b>The Day of Colonoscopy</b>	<ul style="list-style-type: none"> <li><b>4 hours prior to your CHECK-IN time,</b> Begin drinking the remaining TWO- 8oz glasses of the mixed MiraLax/Gatorade: Drink ONE- 8oz glass of solution every 15 minutes until finished. Note: This may be in the middle of the night or very early morning.</li> <li><b>TAKE NOTHING BY MOUTH WITHIN 3 HOURS OF YOUR CHECK-IN TIME.</b></li> <li>You may take critical medications with Clear Liquids up until 3hrs before your check-in time.</li> <li>You must have someone to drive you home or accompany you home on public transportation. If you are scheduled at the Woodburn Endoscopy Center and if your procedure is in the afternoon (After 2:00 PM), your driver must remain at the facility during the procedure.</li> <li>You must not drive or be responsible for important decisions until the <u>morning after</u> your procedure.</li> </ul>
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## **Clear Liquid Diet List:**

- Gatorade<sup>®</sup>, Powerade<sup>®</sup> (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<sup>®</sup>, Popsicles<sup>®</sup>, 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<sup>®</sup>, 7-Up<sup>®</sup>, 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. Many patients find that chilling the laxative and drinking through a straw improve tolerance.
4. You may use baby wipes instead of toilet paper and Vaseline in case of a sore bottom.
5. 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.
6. You may take oral medications with water during the prep and up to 3 hours before check-in time.
7. 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.**

**Please select option #3 to speak with a procedure coordinator.**