

Colonoscopy Ez 2 Go 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

Virginia Hospital Center
1635 N. George Mason Dr Suite 205
Arlington, VA 22205
(703) 558-6406

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 p.m. Or after your ride MUST remain at the facility during your procedure****

****Your ride MUST remain at the facility during your procedure****

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.

The Week BEFORE Colonoscopy	<ul style="list-style-type: none"> • Stop taking Iron-containing vitamins and medications • Stop the following blood thinners if, and only if, 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. • Avoid high-fiber foods: fresh/dried fruit, vegetables, seeds, nuts, and marmalades.
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The Day BEFORE Colonoscopy	Between 5:00am-9:00 am	<ul style="list-style-type: none"> • You may have a low-residue breakfast, if you desire, strictly limited to: <ul style="list-style-type: none"> • 1 egg (boiled or fried) • ½ cup of milk • 1 slice of white bread/toast • 1 tsp. of butter (if desired)
	9:00am	<ul style="list-style-type: none"> • Begin and remain on a strict clear liquid diet (see table on next page) • Mix the large bottle of Polyethylene Glycol (white bottle with purple cap) with 64oz of a clear liquid of your choice and refrigerate.
	3:00pm	<ul style="list-style-type: none"> • Take 2 Bisacodyl tablets (brown pouch) with 8oz of clear liquid
	6:00pm	<ul style="list-style-type: none"> • Begin drinking the solution you prepared earlier. Drink the first 32oz (half of the 64oz) of the Polyethylene Glycol that was previously mixed with the clear liquid. Drink 8 oz. of this solution every 15-20 minutes until the 32oz is consumed. Keep the remaining 32oz (other half of solution) in refrigerator.
	8:00pm	<ul style="list-style-type: none"> • Pour one 10oz bottle of Magnesium Citrate over ice and drink. You MUST drink the solution with-in 8 minutes of mixing it. **Do not use red magnesium pouch** • Take 80 mg. of Simethicone (yellow pouch) tablet with water.
	8:30pm	<ul style="list-style-type: none"> • Take your last 2 Bisacodyl tablets (brown pouch).

The Day of Colonoscopy	<ul style="list-style-type: none"> • 4 hours before your check-in time, you will drink the remaining 32oz of the previously mixed and refrigerated Polyethylene Glycol and clear liquid solution. Drink 8oz of this solution every 15 minutes until the solution is consumed. • 3 hours prior to your check-in time, stop drinking liquids. Take nothing by mouth within 3 hours of your check-in time. (NO GUM, NO HARD CANDY). • 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. If your procedure is in the afternoon, your driver must remain at the facility during the procedure. • You must not drive or be responsible for important decisions until the morning after your procedure.
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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, 2hrs prior to your check-in 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 3hrs before check-in time.
7. Please allow 7-10 business days for all the exam results.

Diabetic patients:

1. Please follow **Diabetic Protocol** instructions 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, call our office at **(703) 876-0437**.