

NORTHERN VIRGINIA
GASTROINTESTINAL ASSOCIATES, LTD.

Colonoscopy and MiraLax/Gatorade 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 <http://www.woodburnendoscopy.com>
Click "For Patient" tab at the top
Print and Fill-in all 4 "Patient Check-In Forms"
Bring them with you the day of your procedure.



Go to www.mcleansc.com and click on the "Online Medical History" link to complete your medical history. Someone from the facility will contact you for a telephone interview to review your medical history.

Cancellation Policy: Cancellations and/or rescheduling within Seven (7) days incur a \$250 charge. This charge is not covered by insurance. If you need to cancel, please call our office at (703) 876-0437.

The Week Before your Colonoscopy	<ul style="list-style-type: none"> • Things to purchase: 2 Dulcolax Tablets and 1 Medium Bottle (14oz daily dose) of MiraLax OTC at your local pharmacy and a 2 Liter Bottle/64oz of Gatorade (not red or purple). • 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. • 2 days before exam: Avoid high-fiber foods: fresh/dried fruit, vegetables, seeds, nuts, and marmalades.
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The Day Before your Colonoscopy	Upon waking	<ul style="list-style-type: none"> • Begin and remain on a strict CLEAR LIQUID Diet (see table on next page).
	4:00pm	<ul style="list-style-type: none"> • Take the 2 Dulcolax tablets by mouth with clear liquids.
	7:00pm	<ul style="list-style-type: none"> • 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 4 GLASSES are finished. • 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 your Colonoscopy	<ul style="list-style-type: none"> • 4 hours prior to your arrival time, drink the remaining FOUR- 8oz glasses of solution. You have 1hr to drink the entire solution. (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. • For afternoon arrival times, you may continue Clear Liquids up until the time you drink your MiraLax. • 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 3 hrs. of check-in time 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 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. 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.

Important: Most re-do exams could have been avoided by CAREFULLY reading ALL instructions

If you have any questions AFTER you have read your instructions, please call us at

(703) 876-0437

There is a \$250 LATE CANCELLATION FEE for procedures not cancelled at least SEVEN (7) 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.