

NORTHERN VIRGINIA  
GASTROINTESTINAL ASSOCIATES, LTD.

## Colonoscopy and SUPREP 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](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 to your procedure.

Go to [www.mcleansc.com](http://www.mcleansc.com) to complete your  
medical history. Click on the "Online Medical  
History" link. You must complete this process  
Prior to your procedure. This will help prevent  
Potential delay and/or cancellation.

**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.**

<b>The Week BEFORE Colonoscopy</b>	<ul style="list-style-type: none"> <li>• <b>Go to the pharmacy, and Fill your Prescription of SUPREP.</b></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>• 2 days before exam: Avoid high-fiber foods: fresh/dried fruit, vegetables, seeds, nuts, and marmalades.</li> </ul>				
<b>The Day BEFORE Colonoscopy</b>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%; padding: 5px;">Upon waking</td> <td style="padding: 5px;"> <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 <b>very important</b> to remain hydrated. Drink lots of liquid throughout the day.</li> </ul> </td> </tr> <tr> <td style="width: 15%; padding: 5px;">7:00pm</td> <td style="padding: 5px;"> <ul style="list-style-type: none"> <li>• <b>You will begin drinking your first dose of the Suprep.</b> At 7:00pm, pour ONE (1) 6oz bottle of Suprep liquid 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> </td> </tr> </table>	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 <b>very important</b> to remain hydrated. Drink lots of liquid throughout the day.</li> </ul>	7:00pm	<ul style="list-style-type: none"> <li>• <b>You will begin drinking your first dose of the Suprep.</b> At 7:00pm, pour ONE (1) 6oz bottle of Suprep liquid 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>
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<b>The Day of Colonoscopy</b>	<ul style="list-style-type: none"> <li>• <b>4 hours prior to your check-in time,</b> pour the remaining 6oz bottle of Suprep liquid 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 clear liquids over the next hour.</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>• For afternoon arrival times, you may continue Clear Liquids up until the time you drink your last dose of Suprep.</li> <li>• 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.</li> <li>• You must not drive or be responsible for important decisions until the <b>morning after</b> your procedure.</li> </ul>				

### 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, 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 is 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. 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.**