

NORTHERN VIRGINIA  
GASTROINTESTINAL ASSOCIATES, LTD.

## Colonoscopy and **MoviPrep/Magnesium** 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

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Go to [www.woodburnendoscopy.com](http://www.woodburnendoscopy.com)  
Click "For Patient" tab at the top  
Print and fill out all 4 "Patient Check-In Forms"  
Bring them with you to your procedure.

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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

<b>The Week BEFORE Colonoscopy</b>	<ul style="list-style-type: none"> <li>Go to the pharmacy, Fill your Prescription of <b>MoviPrep</b> and purchase two 10oz bottles (green label) of <b>Magnesium Citrate</b> over the counter.</li> <li>Stop taking Iron-containing vitamins and medications</li> <li>Stop the following blood thinners <u>if, and only if,</u> 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>
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<b>Two Days BEFORE Colonoscopy</b>	Upon waking	<ul style="list-style-type: none"> <li>Begin and remain on a strict <b>CLEAR LIQUID Diet</b> (see table on next page).</li> </ul>
	7:00am	<ul style="list-style-type: none"> <li>Mix your first dose of MoviPrep, which you will start drinking at 6:00pm. Empty only one of the <b>Pouch A</b> and only one of the <b>Pouch B</b> into the disposable container. Add lukewarm drinking water to the top line of the container. <b>Stir until dissolved. Chill in refrigerator.</b> (You may add a tea bag or lemon to alter/enhance the taste if desired)</li> </ul>
	6:00pm	<ul style="list-style-type: none"> <li>Begin drinking your chilled MoviPrep. The container is divided by 4 marks. At 6:00 p.m., every 15 minutes, drink the solution down to the next mark until the full liter is complete. This should take you around one hour to finish. Once finished, drink 16oz. of clear liquids</li> <li>Mix your second dose of MoviPrep using the same container. Empty the remaining Pouch A and Pouch B into the empty container. <b>Stir until dissolved. Chill in refrigerator.</b></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>At 7:00am, Begin drinking your last dose of chilled MoviPrep Solution.</li> <li>Continue drinking Clear Liquids throughout the day. It is very important to remain hydrated.</li> </ul>
	7:00pm	<ul style="list-style-type: none"> <li>At 7:00pm, pour one 10oz bottle of Magnesium Citrate over ice and drink, followed by 8 oz. of clear liquids.</li> </ul>

<b>The Day of Colonoscopy</b>	<ul style="list-style-type: none"> <li>4 hours prior to your CHECK-IN time, Pour the second 10oz bottle of Magnesium Citrate over ice and drink followed by 8 oz. of clear liquids. 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>For afternoon arrival times, you may continue Clear Liquids until the time you drink your Magnesium Citrate.</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 <u>morning after</u> your procedure.</li> </ul>
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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 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 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 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.**