

Colonoscopy and **TWO DAY "MyPrep"** 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., Ste. 205
Arlington, VA 22205
703-558-6406

McLean Surgery Center
7601 Lewinsville Rd., Ste. 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 to your procedure.

The Week BEFORE your 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. • 2 days before exam: Avoid high-fiber foods: fresh/dried fruit, vegetables, seeds, nuts, and marmalades.
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Two Days 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)
	7:00pm	<ul style="list-style-type: none"> • At 7:00pm drink ONE 10oz bottle of Magnesium Citrate. • Continue drinking Clear Liquids. It is very important to remain hydrated.

One Day BEFORE your Colonoscopy	Upon waking	<ul style="list-style-type: none"> • Continue on the CLEAR LIQUID Diet.
	3 pm	<ul style="list-style-type: none"> • Take 2 (of 4) prep pills (Bisacodyl) by mouth with Clear Liquids • Mix the entire bottle of ClearLax powder and the sleeve of Crystal Light (or any clear liquid you wish to use) with 64oz of water. Stir until dissolved. Chill with ice or in refrigerator.
	Between 3-6 pm	<ul style="list-style-type: none"> • Begin drinking ClearLax solution--One 8oz glass every 20 mins. until entire 64oz is gone. • A straw may help. If you become nauseated or vomit, take a 30 min. break, then continue. • You may start any time btw 3-6pm, but the earlier you start, the better sleep you may get.
	9 pm	<ul style="list-style-type: none"> • Take the last 2 prep pills (Bisacodyl) with Clear Liquids • Continue drinking Clear Liquids. It is very important to remain hydrated.

The Day of your Colonoscopy	<ul style="list-style-type: none"> • 4 hours prior to your arrival 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. • 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 Magnesium Citrate. • 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 <u>morning after</u> 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!
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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 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 hrs. 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.**