

# 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., 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.

**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>• <u>Stop</u> taking Iron-containing vitamins and medications</li> <li>• <u>Stop</u> 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>The Day BEFORE Colonoscopy</b>	Between 5-9 am	<ul style="list-style-type: none"> <li>• You may have a low-residue breakfast, if you desire, strictly limited to: <ul style="list-style-type: none"> <li>• 1 egg (boiled or fried)</li> <li>• ½ cup of milk</li> <li>• 1 slice of white bread/toast</li> <li>• 1 tsp. of butter (if desired)</li> </ul> </li> </ul>
	9 am	<ul style="list-style-type: none"> <li>• Begin and remain on a strict CLEAR LIQUID Diet (see table on next page)</li> <li>• MIX the large bottle of Polyethylene Glycol (white bottle with purple cap) with 64 oz. of a clear liquid of your choice and REFRIGERATE.</li> </ul>
	3 pm	<ul style="list-style-type: none"> <li>• Take 2 Bisacodyl tablets (brown pouch) with 8 oz of clear liquid</li> </ul>
	6 pm	<ul style="list-style-type: none"> <li>• Begin drinking the solution you prepared earlier. Drink the first 32 oz. (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 32 oz. is consumed. Keep the remaining 32oz (other half of solution) in refrigerator.</li> </ul>
	8 pm	<ul style="list-style-type: none"> <li>• Pour one 10oz bottle of Magnesium Citrate over ice and drink. You MUST drink the solution with-in 8 minutes of mixing it. <b>**Do not use red magnesium pouch**</b></li> <li>• Take 80 mg. of Simethicone (yellow pouch) tablet with water.</li> </ul>
	8:30 pm	<ul style="list-style-type: none"> <li>• Take your last 2 Bisacodyl tablets (brown pouch).</li> </ul>

<b>The Day of Colonoscopy</b>	<ul style="list-style-type: none"> <li>• <b>4 HOURS before your CHECK-IN time</b>, you will drink the remaining 32 oz. of the previously mixed and refrigerated Polyethylene Glycol and clear liquid solution. Drink 8 oz. of this solution every 15 minutes until the solution is consumed.</li> <li>• <b>3 HOURS PRIOR TO YOUR CHECK-ON TIME, STOP DRINKING LIQUIDS. TAKE NOTHING BY MOUTH WITHIN 3 HOURS OF YOUR CHECK-IN TIME. (NO GUM, NO HARD CANDY).</b></li> <li>• You may take critical medications with Clear Liquids up until 3hrs. Before your CHECK-IN TIME.</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<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!
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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.

**WARNING:** THERE IS AN IMPORTANT REASON WHY THESE INSTRUCTIONS ARE DESIGNED IN THE MANNER LISTED BELOW. PLEASE FOLLOW THEM EXACTLY BEING SURE TO MAKE NO ADJUSTMENTS ON YOUR OWN. THOSE WHO FAIL TO FINISH ALL OF THE PREP BECAUSE THEIR STOOL SEEMS CLEAR OR DO NOT SPLIT THE PREP THE EVENING BEFORE, AND 5 HOURS PRIOR TO THE APPOINTMENT TIME, ARE NOT ADEQUATELY PREPPED AND THEREFORE MAY NOT GET THE BEST POSSIBLE EXAMINATION OF THEIR COLON.

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

**703-876-0437**