VIRGINIA COLONOSCOPY & CENTER FOR HEALTH AND CANCER PREVENTION, LLC

ONLY TAKE IF SUTAB IS NOT AVAILABLE OR IF DIRECTED BY THE OFFICE

Procedure Date: _____ **Doctor:** _____

Check-In Time: _____ **Procedure Time:** _____

COLONOSCOPY PREP INSTRUCTIONS (MIRALAX VERSION)

1 Week Prior: _____

- Purchase 8-ounce or 10-ounce bottle of MiraLAX
- Purchase 4 Dulcolax tablets
- Purchase 64-ounces of Gatorade (no red or purple colors)

*****ONLY DISCONTINUE ANY ASPIRIN OR BLOOD THINNERS AFTER OBTAINING APPROVAL FROM OUR OFFICE*****

- Discontinue aspirin products/platelet inhibitors **5 days** prior to your procedure (i.e., Plavix, Coumadin/Warfarin, Aspirin, etc.)
- Discontinue any arthritic medications **2 days** prior to your procedure
- Discontinue any anticoagulants **2 days** prior to your procedure (i.e., Xarelto, Mobic, Pradaxa, etc.)
- Discontinue any GLP – 1s **7 days** prior to your procedure (i.e., Ozempic, Trulicity, Victoza, etc.)

*****IF YOU HAVEN'T GOTTEN APPROVAL FROM OUR OFFICE ABOUT STOPPING YOUR BLOOD THINNER/ASPIRIN, CALL US ASAP!!*****

- Stop eating high fiber foods (seeds, nuts, whole grains, fibrous fruits and vegetables).
- If you are constipated, start taking MiraLAX 17g twice daily.
- Continue to take your heart and blood pressure, or other required medications, as prescribed.
- You may continue your Prilosec, Zantac, Protonix, Nexium, or other GI medications
- You will need a responsible adult to drive you home after the procedure
- **NO taxis/transportation services (unless accompanied by a responsible adult)**
- You will not be able to drive until the day after your procedure

PLEASE CALL THE OFFICE TO CANCEL/RESCHEDULE YOUR APPOINTMENT. CANCELLATIONS AND/OR RESCHEDULING WITHIN 5 BUSINESS DAYS ARE SUBJECT TO A $250 CANCELLATION FEE!!**

Comments:

1 Day Prior: _____

****Begin clear liquid diet****

- **NO SOLID FOODS**
- **Nothing containing any red or purple food dye**
- **Nothing containing any milk or milk products**
- **No smoothies or pureed foods**
- **No alcohol**

Approved foods

- Clear fruit juices
- Broth or bouillon
- Soda, black coffee, or tea
- Ensure Clear (2 bottles max)
- Kool-Aid or Gatorade (no red or purple)
- Plain Jell-O (no red or purple)

****Between 4-6pm****

- At 4:00pm, take four Dulcolax tablets with water
- Drink two 8-ounce glasses of clear liquid
- At 4:30pm, mix 4-ounces of MiraLAX powder in 32 ounces of Gatorade
- Drink entire mixture in **1 hour**

Comments:

Day of Procedure: _____

***5.5 hours to procedure start time:**

_____

- Take your heart and blood pressure medications as prescribed with small sips of water as early as possible
- Mix 4-ounces of MiraLAX powder in 32 ounces of Gatorade
- Drink entire mixture in **1 hour**
- Bring your paperwork filled out along with your Government Issued Photo ID or Driver's License and your insurance cards
- Please leave all valuables at home. We are not liable for any theft or damage to these items

*** THERE ARE ABSOLUTELY NO LIQUIDS, INCLUDING WATER, 3 HOURS PRIOR:**

_____

***IF YOU EAT/DRINK AFTER THIS TIME, YOUR PROCEDURE WILL BE DELAYED OR CANCELLED AND YOU MAY BE CHARGED A $250 CANCELLATION FEE FOR NOT ADHERING TO THE DIRECTIONS**

Comments:

We are located at 1301 First Colonial Rd, Suite 201, Virginia Beach, VA 23454 Phone: (757) 412-4919 After Hours Line: (757) 418-8080

For more information, please visit our website at www.virginiacolonoscopy.com

FAQs About Colonoscopy

1. **Why do I have to drink clear liquids for 24 hours before my colonoscopy?**
   If food is eaten the day before the procedure, it may show up in the colon for the colonoscopy. A day of clear liquids helps clear out the colon of solid waste and gives the doctor a better chance of having a clear view of your colon.

2. **What is a "clear liquid?"**
   Examples of clear liquids are water, Gatorade, Powerade, iced tea, lemonade, apple juice, clear cranberry juice, white grape juice, broth, coffee and tea (without milk, creamer), sodas and seltzer.

   Do not drink milk, milk substitutes (i.e., coconut milk, hemp milk, oak milk, etc.,), and orange juice as they are cloudy, and can cloud up the intestines. The only exceptions to this are Boost and Ensure as, while they do have milk additives, they are low residue and do not cloud up the intestines.

   Alcohol should be avoided because it will dehydrate you and is a blood thinner.

3. **Why not red or purple?**
   If you drink red or purple-colored drinks before your colonoscopy, the fluid will resemble blood in the intestine.

4. **Can I drink water and Gatorade all day?**
   Water and Gatorade are good to drink. However, if you drink ONLY those fluids all day, you may develop water toxicity, dilute the salt levels in your body and become sick. That is why BROTH is recommended for your meals on the prep day.

5. **Why do I have to start my prep so late?**
   Starting the prep later will help keep the colon cleaned out for your procedure. Washing out the colon too early may result in bile covering the early half of the colon, making it hard for your doctor to see.

6. **Why do I have to drink so much liquid?**
   Your colon is about 5 feet long – it takes a certain amount of liquid to safely clean out the colon so the doctor can see any polyps or lesions in the colon. With smaller amounts of prep fluid, a person is at risk of dehydration, and a poor prep.

7. **Why should I avoid nuts, seeds, popcorn and corn for a week?**
   These foods are hard to wash out of the colon. Also, if there are any remaining nuts, seeds, or corn in the colon, they will clog the scope, making your procedure more difficult.

8. **What if I start vomiting, or feel like I am going to vomit while drinking the prep?**
   Stop drinking for 30-45 minutes until symptoms subside, then resume.

9. **What if I drink the whole prep and don't have a bowel movement?**
   The prep will take some time to work its way through. If you haven't had a bowel movement by 7AM, call our office.

10. **What if I have rectal discomfort?**
    Apply diaper rash ointment, such as Desitin or A & D, to the rectal area. Baby wipes may also help.

11. **Why can't I work or drive for 24 hours after my colonoscopy?**
    After receiving any sedation, you will not be at your best, even though you may 'feel normal'. Your judgment, memory, and reflexes will be impaired.

12. **What is the difference between a DIAGNOSTIC and a SCREENING colonoscopy?**
    A DIAGNOSTIC COLONOSCOPY investigates an active problem, such as pain or bleeding. A SCREENING COLONOSCOPY is performed for a routine health check without active problems. If a screening colonoscopy is done, and something is biopsied or removed, your insurance company may re-classify your procedure as a DIAGNOSTIC procedure.

13. **If you find a polyp, do you remove it?**
    Yes, the purpose of colonoscopies is to screen for colon cancer and remove any polyps encountered during the procedure. Those polyps will then be sent off to a lab to diagnose what kind of polyps they are. Lab results are typically received within 14 days.