MIRALAX MORNING APPOINTMENT COLONOSCOPY INSTRUCTIONS

Patient Name_____ Acct#_____

Location of Procedure: ◯ Stone Springs Hospital
Address : 24440 Stone Springs Blvd, Dulles, VA 20166

◯ Prince William Ambulatory Surgical Center
Address: 8644 Sudley Road, Suite 201, Manassas, VA 20110

◯ **Haymarket Medical Center**
Address: 15195 Heathcote Boulevard Suite 350 Haymarket, VA 20169

◯ UVA Prince William surgical center
Address: 8700 Sudley Rd, Manassas, VA 20110

PROCEDURE DATE: _____ ARRIVAL TIME: _____

Please purchase the following:
Miralax EZ2Go
64 oz. of electrolyte drink, two 32 oz. Blue, white, yellow and green.
Peppermint candy to ease nausea.
Bottle of Miralax.

7 DAYS BEFORE PROCEDURE:

1) If you have fewer than 3 bowels movements a week OR BMI over 35 start taking 1 capful of Miralax every morning.
2) If you are taking OZEMPIC, WEGOVY, MONJARO, RYBELIUS, TRULICITY, VICTORZA or other GLP-1, stop.

5 DAYS BEFORE PROCEDURE:

1) NO seeds, nuts, whole grains, tomato skins, raw vegetables, corn, popcorn, bran, and chia seeds.
2) STOP iron supplements, vitamin E, Omega-3 fish oil, flax seed oil, and cod liver oil, herbal medications, and phentermine.

3 DAYS BEFORE PROCEDURE:

1) At 6:00 PM – Take 2 bisacodyl tablets (beige pouch)
2) Stop 325 mg aspirin and other NSAIDS (Aleve, Advil, Motrin, ibuprofen, naproxen, Excedrin, Bufferin, Celebrex, Mobic etc.), unless specified. Tylenol is okay to take.
3) Confirm your ride from procedure to home. Start eating softer foods.
If you have diabetes, oral hypoglycemics may need to be held in the morning of the procedure. Please check with the physician who prescribed this medication. Insulin may also need to be adjusted.

DAY BEFORE PROCEDURE:

1) Upon waking, mix Miralax (8.3oz) in 64 oz. of electrolyte drink. Divide into 32 oz. each. Refrigerate. You may only consume clear liquids: water, sports drink (blue, green, white, yellow), apple juice broth, coffee/tea (no cream/milk), soda, Jello, popsicles. Stay well hydrated.
2) **3:00 PM** Take 2 Bisacodyl tablets. (beige pouch).
3) **5:00 PM** Begin drinking the first 32 oz. of your mixture. Drink 8 oz. every 15 minutes until prep solution is finished. If you become uncomfortable, drink slower and have a peppermint to settle your stomach.
4) **8:00 PM** Take 2 Bisacodyl tablets. (beige pouch). Mix magnesium citrate packet with 10 oz of water and drink entire 10 oz.

DAY OF YOUR PROCEDURE:

1) **At 12:00 AM** (midnight) take 2 simethicone tablets (yellow pouch). Drink the second 32 oz. of your mixture. Drink 8 oz. every 15 minutes until prep solution is finished. If you become uncomfortable, drink slower and have a peppermint to settle your stomach.

NOTHING BY MOUTH AFTER FINISHING PREP SOLUTION.

PLEASE READ PAGE 2

WHAT TO BRING: Comfortable clothing; ID, insurance card, list of medications.
DO NOT bring: Jewelry, any valuables, contact lenses. DO NOT apply lotion, cream, or ointment on your skin.

DRIVER: Required to have an adult driver REMAIN on premises during procedure and to drive you home and assume responsibility for your care afterwards. Otherwise, procedure will be canceled.
YOU WILL NOT BE ALLOWED TO DRIVE AFTER PROCEDURE BECAUSE OF ANESTHESIA.

CANCELLATIONS: Must be made Mon-Fri 9AM-4PM. Cancellations made NO less than 72 hours from scheduled procedure & NO SHOWS will have a $200.00 fee added to account, not billable to insurance.

We will bill your insurance as a courtesy to you.

COLONOSCOPY CATEGORIES:
SCREENING COLONOSCOPY: Age 45 without any symptoms. No history of colon polyps, colorectal cancer, gastrointestinal symptoms, family history of advanced/ early colon polyps or colorectal cancer. If there is a family history of parents, siblings or children with colorectal cancer, a screening is recommended 10 years prior to the age of diagnosis of the family member.
SURVEILLANCE COLONOSCOPY: Patient without symptoms but may have a personal history of GI disease such as ulcerative colitis or Crohn's Disease, colon polyps and/or colorectal cancer. Patients in this category are requested to undergo colonoscopy at shortened intervals. Diagnostic testing copays and coinsurances may apply.
DIAGNOSTIC COLONOSCOPY: Patient has current gastrointestinal symptoms, GI disease, iron deficiency anemia and/or any other abnormal tests or studies. Diagnostic testing copays and coinsurances may apply.

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