# COLONOSCOPY PREPARATION | AFTERNOON APPOINTMENT

Miralax / EZ2Go Kit (PM appointment)

| | |
|---|---|
| Patient name: _____ | Physician: _____ |
| Procedure date: _____ | Arrival time: _____ |
| Procedure location: _____ | Questions: 571-463-3900 |

## 1 WEEK BEFORE YOUR PROCEDURE

Please purchase in advance:

- MIRALAX EZ2GO Prep Kit from the office.
- 64 oz of electrolyte drink (two 32-oz portions). Blue, white, yellow and green flavors only.
- Peppermint candy (optional, for nausea).
- A separate bottle of Miralax (PEG3350) if you have constipation.

## 7 DAYS BEFORE YOUR PROCEDURE

- If you have fewer than 3 bowel movements per week or BMI over 35, take 1 capful (17 grams) of Miralax every morning. Purchase separately; it is not part of the prep kit.
- The source instructs patients taking Ozempic, Wegovy, Mounjaro, Rybelius, Trulicity, Victorza or other GLP-1 medication to stop for at least 7 days. Confirm medication changes with your prescribing clinician.

## 5 DAYS BEFORE YOUR PROCEDURE

- Avoid seeds, nuts, whole grains, tomato skins, raw vegetables, corn, popcorn, bran and chia seeds.
- The source instructs patients to stop iron, vitamin E, Omega-3 fish oil, flax seed oil, cod liver oil, herbal medications and phentermine. Verify prescribed medication changes with your clinician.

## 3 DAYS BEFORE YOUR PROCEDURE

- 6:00 PM: Take 2 bisacodyl tablets (beige pouch).
- The source instructs patients to stop 325 mg aspirin and other NSAIDs (Aleve, Advil, Motrin, ibuprofen, naproxen, Excedrin, Bufferin, Celebrex, Mobic, etc.), unless otherwise specified. Tylenol is allowed. Check with your clinician before stopping prescribed medicine.
- Confirm transportation home and begin eating softer foods.

Diabetes: Oral diabetes medicines or insulin may need adjustment. Check with the prescribing physician.

# PREP SCHEDULE

Follow the instructions provided by your procedure team.

## THE DAY BEFORE YOUR PROCEDURE — NO SOLID FOODS

Upon waking: Only clear liquids all day. Avoid red, purple and orange dyes. Options include water, sparkling or vitamin water, sports drinks, apple or white grape juice, broth, tea or coffee without milk/cream, soda, Jell-O and popsicles. Stay well hydrated.

Mix: Combine 238 grams of polyethylene glycol with 64 oz of a clear electrolyte beverage (Gatorade, Powerade, Smartwater, Crystal Lite or Liquid IV). Divide into two equal 32-oz portions and refrigerate.

| TIME | INSTRUCTION |
|---|---|
| 3:00 PM | Take 2 bisacodyl tablets (beige pouch). |
| 9:00 PM | Begin drinking the first 32 oz of the mixture. Drink 8 oz every 15–20 minutes until finished. |

If you feel uncomfortable, slow down while drinking the prep. Peppermints may help settle your stomach.

## THE DAY OF YOUR PROCEDURE

| TIME | INSTRUCTION |
|---|---|
| 12:00 AM (midnight) | Take 2 bisacodyl tablets (beige pouch). Mix magnesium citrate (red pouch) with 10 oz water and drink it. |
| 5:00 AM | Take 2 simethicone tablets (yellow pouch). Drink the second 32 oz of prep mixture over one hour to complete the prep. |

**DO NOT chew gum, eat or drink anything after completing the prep, especially within 6 hours of the procedure.**

Blood pressure / anxiety medicines: The original instructions allow these with a small sip of water in the morning. Confirm this with the procedure team.

Important timing confirmation: The uploaded original states 5:00 AM; this redesigned copy shows 5:00 AM at your request. Confirm the corrected time and fasting window with the clinic before following this schedule.

# DAY-OF VISIT INFORMATION

Transportation, billing, and other important policies

## WHAT TO BRING / NOT BRING

- Bring: Comfortable clothing, ID, insurance card, and list of medications.
- Do not bring: Jewelry, other valuables, or contact lenses.
- Do not apply lotions, creams, or ointments to your skin.

## TRANSPORTATION

- Arrange a driver to accompany you and have the driver confirmed at check-in. Without a confirmed driver, the procedure cannot be performed.
- Do not drive after a procedure requiring sedation.
- For 12 hours after the procedure, do not operate machinery, work, or drink alcohol. Someone should stay with you.
- Regular activities, including driving, may resume the next day, per your care team.

## CANCELLATION POLICY

$200 fee: The original afternoon document states that cancellations must be made at least five business days before the procedure.

## BILLING AND INSURANCE

- Send required referrals at least one week before the procedure and report insurance changes at least one week in advance.
- Separate bills may come from pathology, anesthesiology and the hospital/facility in addition to physician fees.
- Anesthesia: Billed by Greater Washington Anesthesia Associates; insurance may be out of network. Billing questions: 888-717-5383.

## AT THE ENDOSCOPY UNIT

You will change into a procedure gown in the pre-procedure area and receive an IV. Your driver may wait with you before the procedure and in the waiting area or parking lot during the procedure. When you are alert, the physician will review the findings. You will leave by wheelchair.

Delays may occur due to medical needs of other patients. If you do not speak English, please bring a translator.

## COLONOSCOPY CATEGORIES

Screening: Generally for people aged 45 or older without symptoms or relevant history. With certain family histories, earlier screening may be recommended.

Surveillance: Follow-up testing for patients with a history of GI disease, polyps, or colorectal cancer; different copays/coinsurance may apply.

Diagnostic: Testing for symptoms, GI disease, iron-deficiency anemia or abnormal studies; different copays/coinsurance may apply.