MIRALAX | MORNING APPOINTMENT

Colonoscopy preparation instructions • Please read all pages before starting

Patient name: _____ Acct #: _____

Procedure date: _____ Arrival time: _____

PROCEDURE LOCATION | Select one

- Stone Springs Hospital
  24440 Stone Springs Blvd, Dulles, VA 20166
- Prince William Ambulatory Surgical Center
  8644 Sudley Road, Suite 201, Manassas, VA 20110
- Haymarket Medical Center
  15195 Heathcote Boulevard, Suite 350, Haymarket, VA 20169
- UVA Prince William Surgical Center
  8700 Sudley Rd, Manassas, VA 20110

PREP SUPPLIES | Purchase in advance

Miralax EZ2Go kit; 64 oz electrolyte drink (two 32 oz; blue, white, yellow, or green); peppermint candy (optional); and a separate bottle of Miralax if needed for constipation.

BEFORE YOUR PROCEDURE

7 DAYS BEFORE — If you have fewer than 3 bowel movements per week OR BMI over 35, start 1 capful of Miralax every morning.

The supplied morning instructions say to stop GLP-1 medicines (such as Ozempic, Wegovy, Mounjaro, Rybelsus, Trulicity, Victoza) 7 days before. Confirm medication changes with your prescribing clinician.

5 DAYS BEFORE — Avoid seeds, nuts, whole grains, tomato skins, raw vegetables, corn, popcorn, bran and chia seeds. The source also directs stopping iron, vitamin E, omega-3/fish oils, flax/cod liver oils, herbal medicines and phentermine.

3 DAYS BEFORE · 6:00 PM — Take 2 bisacodyl tablets (beige pouch). Source instructions also mention stopping 325 mg aspirin and NSAIDs unless otherwise specified; confirm this with your clinician. Arrange your ride and begin softer foods.

If you have diabetes, ask your prescribing clinician about any changes to oral medications or insulin.

YOUR PREP SCHEDULE

Follow the timing below for the MORNING appointment instructions.

THE DAY BEFORE YOUR PROCEDURE • CLEAR LIQUIDS ONLY

When you wake up, mix 8.3 oz (238 g) Miralax with 64 oz electrolyte drink. Split evenly into two 32 oz portions and refrigerate.

Allowed clear liquids: water, sports drinks in permitted colors, apple juice, broth, tea or coffee without milk/cream, soda, Jell-O and popsicles. Stay well hydrated.

Avoid: solid food; red, purple or orange dyes.

TIME	INSTRUCTION
3:00 PM	Take 2 bisacodyl tablets (beige pouch).
5:00 PM	Drink the first 32 oz of prep mixture. Drink 8 oz every 15 minutes until finished; slow down if uncomfortable. Peppermint candy may help.
8:00 PM	Take 2 bisacodyl tablets (beige pouch). Mix the magnesium citrate packet with 10 oz water and drink it all.

THE DAY OF YOUR PROCEDURE

TIME	INSTRUCTION
12:00 AM (midnight)	Take 2 simethicone tablets (yellow pouch). Drink the second 32 oz prep mixture, 8 oz every 15 minutes, until finished. Slow down if uncomfortable.

NOTHING BY MOUTH AFTER FINISHING THE PREP SOLUTION.

Medication safety: Check with the procedure team before changing prescribed medicines or if your prescribed fasting instructions differ.

VISIT INFORMATION & NEXT STEPS

Logistics, policies and procedure information

WHAT TO BRING / AVOID

Bring: Comfortable clothing, photo ID, insurance card and a medication list. Do not bring: Jewelry, valuables or contact lenses. Do not apply lotion, cream or ointment to your skin.

DRIVER & SAFETY

A responsible adult driver must remain on the premises during your procedure, drive you home and take responsibility for your care afterward. Without this arrangement, the procedure may be canceled. You cannot drive afterward because of anesthesia.

CANCELLATION POLICY — MORNING SOURCE

Cancellations must be made Monday–Friday, 9 AM–4 PM. The supplied Morning PDF states that cancellations made fewer than 72 hours before the procedure and no-shows are subject to a $200 fee not billable to insurance.

INSURANCE & BILLING

The Morning document says the practice will bill your insurance as a courtesy. The supplementary Afternoon document also notes that facility, pathology, anesthesiology and physician services may be billed separately; ask the office to confirm coverage and billing details.

WHAT TO EXPECT AT THE ENDOSCOPY UNIT

The supplementary Afternoon document describes changing into a gown and receiving an IV before the procedure. Your physician reviews the findings when you are awake and alert; unexpected delays can occur.

COLONOSCOPY CATEGORIES

SCREENING: For people age 45 without symptoms or relevant personal history; family history can change the recommended starting age.

SURVEILLANCE: For patients without current symptoms but with relevant past GI disease, polyps or colorectal cancer; a shorter follow-up interval may apply.

DIAGNOSTIC: For current GI symptoms, GI disease, iron-deficiency anemia or abnormal tests. Copays/coinsurance may apply.

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