FAIRFAX COLON & RECTAL SURGERY

www.fairfaxcolorectal.com
P: (703) 280-2841

3-DAY COLONOSCOPY PREPARATION INSTRUCTIONS

Read at least 7 days before you are ready when the nurse calls

Procedure Date: _____ **Arrival Time:** _____ (provided to you 7 calendar days in advance)

You'll need to buy six things:

1. **EZ2GO/ MiraLAX Powder®/Polyethylene Glycol: 238 grams (same medication/different names)**
2. **Bisacodyl/Dulcolax® Laxative Tablets 8 tablets of 5mg (same medicine/different names)**
3. **Magnesium Citrate 1-16gram package or 1-10oz.bottle**
4. **Clear liquids (see details below: no red, purple, or blue). More than 64ozs. of clear liquids**
5. **Disposable/disposable wet wipes (optional)**
6. **Calmoseptine ointment ®: Any size tube (optional)**

Your adult driver must bring you and remain on our premises until your procedure is completed and you have been cleared to leave – unaccompanied taxi, Uber, or Lyft drivers will not be allowed.

- Private medical specialty transportation services are available for a fee – ask for information, if you need it, as soon as possible.

MEDICATION INFORMATION:

Anticoagulants

You don't need to stop taking over-the-counter aspirin.

If a doctor prescribes a blood thinner, you should contact their office to see if you need to stop/hold the medication.

Diabetes Medications and Weight Loss

Insulin: If you take insulin, ask your doctor about dosage before your colonoscopy.

Oral: Do not take your evening dose the day before your colonoscopy or your morning dose on the day of your colonoscopy

GLP-1/SLGT-2: Refer to the attached

5 DAYS before your colonoscopy: Stop taking iron, fiber, seeds, nuts, thick-skinned fruits, salads, popcorn.

3 DAYS before your colonoscopy: BLAND DIET ALL DAY (see diet list below)

SOFT DIET FOODS

Milk, yogurt, cheese, ice cream	Oatmeal/Applesauce/Pudding Creamy nut butters	Mashed potatoes
Eggs/Tofu/Fish/Chicken (skinless, not fried)	Toast (white only)	Broth/Soups/Pasta

2 DAYS before your Colonoscopy: ALL-DAY LIQUID DIET (see list below). After liquid dinner, no later than 9 p.m., mix the packet of magnesium citrate (16 g) with 10 ounces of clear liquid and drink for 15 minutes. (If you bought a bottle, don't mix, just drink.)

Liquid Diet List		
Fruit juice	Coffee/Tea	Gelatin
Broth/broth	Honey	Smoothies
Milk/Cream	Liquid Food Replacement (Ensure, etc.)	Carbonated beverages

1 DAY before your colonoscopy: NO SOLID FOODS! You will only drink clear liquids and the colonoscopy preparation. The more fluids you drink, the better your preparation will be!

CLEAR LIQUID SUGGESTIONS:			
Water/ Gatorade/ Electrolytes	Apple/white grape juice	Coconut water	Popsicles/ Italian Ice
Tea/Coffee (Dairy-free)	Hard candy	Broth/gelatin	Sprite/Ginger ale

1 DAY BEFORE YOUR COLONOSCOPY: CLEAR LIQUIDS + LAXATIVE PREPARATION

- **Only drink CLEAR liquids today – no solid foods or dairy/dairy. Drink PLENTY before starting laxative preparation.**
- **Its preparation can work quickly or slowly; Stay near a bathroom just in case**

3 PM
- Take the first 3 laxative tablets of Bisacodyl/Dulcolax® by mouth with clear liquids.
- Mix the entire 238-gram bottle of EZ2Go/Polyethylene Glycol/MiraLAX® powder in 8 cups (64 oz.) clear liquids; you can mix with several different beverages. Place in the refrigerator to chill or you can drink at room temperature, starting at 4 p.m.

4 PM
- Drink 1/2 of EZ2Go/polyethylene glycol/MiraLAX® solution until finished 4 cups (32 oz.) for the next 1-3 hours; you will have 4 cups (32 oz.) left to drink the next day (1/2 EZ2Go/Polyethylene Glycol Solution/MiraLAX); Keep refrigerated.

8 PM
- Take 3 bisacodyl/dulcolax® laxative tablets by mouth with clear liquids.
- Continue to drink clear liquids and stay hydrated.

MORNING OF YOUR COLONOSCOPY: CONTINUE WITH CLEAR LIQUIDS AND TAKE THE LAST DOSE

Stay near a bathroom until you leave for your colonoscopy

- **8 Hours before Arrival:**
  - Take 2 Bisacodyl/Dulcolax final laxative® tablets.
  - Then shake, pour and drink the last 4 cups (32 oz.) of EZ2Go/Polyethylene Glycol/MiraLAX® solution for the next 1-2 hours.
  - Please finish drinking the above 6 hours before your scheduled arrival, at the latest.
  - You can take your prescription medication with a sip of water. (No blood thinners or oral diabetes medications should be taken)



- **6 Hours before arrival:**

Stop drinking, chewing, or smoking.
Nothing by mouth.

FAIRFAX
COLON & RECTAL SURGERY

www.fairfaxcolorectal.com
P: (703) 280-2841

Frequently Asked Questions About Colonoscopy and Preparation

What should my stool look like after drinking/taking my bowel prep?

By the morning of your colonoscopy, your stool should be completely liquid and cloudy to light yellowish; you should be able to see the bottom of the toilet after a bowel movement. If your stool does not match this description, please inform our reception staff upon arrival.

I drank/took the first of my prep solution and haven't had a bowel movement: What do I do?

The patient's digestive systems are different, and it may take longer to have a bowel movement. Most patients begin having bowel movements between 7 p.m. and midnight. Continue to follow the instructions and continue to drink clear liquids as directed in your Preparation Instructions; you will still take the second dose on the day of your colonoscopy.

I drank/took the first half of my prep solution, and my stool looks clear: Do I have to drink/take the rest?

Yes, you will have to drink/take all the bowel preparation.

How long will colonoscopy take?

The procedure usually takes about 20 to 30 minutes, however, it may take longer if polyps are found, if your colon is long or crooked, or if there is excessive scar tissue. Plan to be at our center for 2 1/2 hours.

Will I be asleep/sedated during my colonoscopy?

Yes, your colonoscopy will be performed under deep IV sedation with an anesthesiologist present, to prevent cramping or pain during the procedure; You are asleep, but breathing on your own: The sedative medication wears off quickly.

Are there things I can't do after my colonoscopy?

You must have an adult driver accompany you and remain in our facility until your procedure is complete and you have been cleared to leave – you may not drive, work, or drink alcohol. Most people are able to resume work and all normal daily activities the morning after your procedure.

What should my stool look like after my colonoscopy?

The patient's digestive systems are different, but expect to have loose stools for 24-48 hours after your colonoscopy; your stool should return to normal consistency within a few days if you are eating a normal diet

When will I know the results of my colonoscopy?

Visual results will be given immediately both verbally and in writing, with you and whoever you are addressing (as you may not remember the results clearly after anesthesia). If biopsies were taken, your pathology results will be sent to your patient portal and sent to your referring physician within two weeks of your procedure. Please call our office if you do not receive your biopsy results in the patient portal or if you would like them mailed to you.

What are the possible risks of a colonoscopy?

Complications are very rare: risks include, but are not limited to, missed polyps, inability to complete the procedure, perforation, bleeding, and complications from anesthesia. If a complication occurs, it will be treated appropriately, including medications, additional procedures, and, if necessary, hospitalization.