

### **Instructions for Gastrointestinal Endoscopy (EGD) or ERCP**

1. **Do not take aspirin, ibuprofen, naproxen, or any anti-inflammatory products (Bufferin, Motrin, Aleve, etc.) for one-week prior and one-week after the procedure. These products may cause bleeding. You may take Tylenol (Acetaminophen).**
2. **You may not eat, drink, smoke, or chew gum after midnight prior to the examination. You may take your regular medications that morning with a sip of water.**
3. **You will receive medication for sedation during the procedure. Please arrange for someone to drive you home after the procedure. We recommend that you do not drive for 12 hours after the procedure. If you have any questions concerning this procedure, please call 703) 876-0437.**

**There is a \$250.00 LATE CANCELLATION FEE for procedures not cancelled at least **THREE(3) BUSINESS DAYS** prior to your procedure date. Your insurance will not cover this fee, you are responsible for payments. If you must cancel, do not call the facility where your procedure is scheduled **call our office at 703-876-0437.****

## Instructions of Colonoscopy with MoviPrep Colon Prep

Things to purchase: 1 MoviPrep Kit (the MoviPrep carton contains 4 pouches (2 "A" pouches, 2 "B" pouches) and a disposable container for mixing.) Your doctor will give you a prescription.

1. Do not take aspirin, ibuprofen, naproxen, or anti-inflammatory products (Bufferin, Motrin, Aleve, etc) for one week prior to and one week after the procedure. These products may cause bleeding. You may take Tylenol (Acetaminophen).

### 2. **BEGIN A CLEAR LIQUID DIET UPON WAKING THE DAY BEFORE YOUR PROCEDURE.**

Any liquids that are not red in color and do not contain solid food such as water, black coffee, clear tea, carbonated beverages, Jell-O without food, clear fruit juices, broth, bouillon, Gatorade, Powerade and similar products. No dairy products or fruit juices with pulp allowed.

### 3. **MORNING/A.M. MIX THE MOVIPREP SOLUTION.**

Empty 1 pouch A and 1 pouch B in the disposable container. Add lukewarm drinking water to the top line of the container. Cap Bottle and mix to dissolve. Refrigerate the solution if desired (not required but suggested for taste). You may add a tea bag to alter/enhance the taste if desired.

### 4. **At 6:00 P.M. the night before your procedure begin drinking the solution.**

The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution to the next mark (approximately 8 oz.) until the full liter is complete. (At approximately 7 PM). Now you may continue to drink clear liquids until bedtime.

### 5. **At 7:00 P.M. the night before your procedure.**

Prepare second container of solution by repeating (#3). Place prepared container in the refrigerator until the next morning.

### 6. **The morning of the procedure: 5 hours prior to the start of your procedure begin drinking the solution.**

The MoviPrep container is divided by 4 marks. Every 15 minutes drink the solution down to the next mark (approximately 8 oz) until the full liter is complete. (Approximately 1 hour) It is VERY important that you provide us with the cleanest colon you can! You must complete the entire prep to ensure the most effective cleansing. Have **NOTHING ELSE TO DRINK** (or eat) until after your procedure. You may take regular medications that morning with a sip of water.

7. You will receive medication for sedation during the procedure. **Please arrange for someone to drive you home after the colonoscopy.** We recommend that you do not drive for 12 hours after the procedure. If you have any questions concerning the procedure, please call 703-876-0437.

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## **Instructions for Colonoscopy with MiraLax/Gatorade Preparation:**

**Things to purchase:** 2 Dulcolax Tablets and 1 Large Bottle (238GMs) of MiraLax OTC at your local pharmacy and a 2 Liter Bottle/64oz. of Gatorade (not red or purple)

1. **Do not take aspirin, ibuprofen, naproxen, or anti-inflammatory products** (Bufferin, Motrin, Aleve, etc) for one week prior to and one week after the procedure. These products may cause bleeding. You may take Tylenol (Acetaminophen).
2. **Upon waking the day before the examination, you will begin a clear liquid diet.** Do not eat any solid food. Follow a clear liquid diet carefully to ensure adequate preparation of the colon. A clear liquid diet includes ginger ale, water, Jell-O, Popsicles, apple juice, broth, tea, coffee without milk or cream. **Avoid anything red or purple.** Dairy products or fruit juices with pulp are not allowed. You may resume your normal diet after the procedure. Failure to follow these instructions may result in inadequate bowel preparation and cancellation of the colonoscopy.
3. **At 4:00 PM, the day before your colonoscopy,** take the 2 Dulcolax tablets.
4. **At 7:00 PM, the day before your colonoscopy,** mix the entire bottle of MiraLax with the bottle of Gatorade in a pitcher. Stir the solution until the MiraLax is dissolved. Begin drinking the solution. Drink ONE- 8 oz glass of solution every 10 minutes until 4 GLASSES are finished. Refrigerate the remainder of solution. If you feel nauseated during the process, take a break until your stomach settles and restart. Before retiring, drink at least three 8oz glasses of clear liquids to help prevent dehydration.
5. **The morning of your Colonoscopy,** 3 hours prior to leaving for your procedure appointment, drink the remaining FOUR- 8oz glasses of solution. Do not eat or drink anything after or your test will be cancelled or delayed.
6. You will receive medication for sedation during the procedure. **Please arrange for someone to drive you home after the colonoscopy.** We recommend that you do not drive for 12 hours after the procedure. If you have any questions concerning the procedure, please call (703) 876-0437.

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## **Instructions for Colonoscopy with Half-Lytely Split-dose Preparation:**

**Things to Purchase:** One Half-Lytely Bowel Prep Kit at your local pharmacy. Your doctor will give you the prescription.

**Do not take aspirin, ibuprofen, naproxen or anti-inflammatory products** (Bufferin, Motrin, Aleve, etc) for one week prior and one week after the procedure. These products may cause bleeding. **You may take Tylenol** (Acetaminophen).

### **THE DAY BEFORE YOUR COLONOSCOPY:**

1. **Upon waking you will begin a clear liquid diet.** This does not mean 24 hours before your procedure time. Do not eat any solid food. Follow a clear liquid diet carefully to ensure adequate preparation of the colon. A clear liquid diet includes ginger ale, sprite, water, Jell-O, Popsicles, apple juice, broth, tea, coffee without milk or cream. **Avoid anything red or purple.** Dairy products or fruit juices with pulp are not allowed. You may resume your normal diet after the procedure. Failure to follow these instructions may result in inadequate bowel preparation and cancellation of the colonoscopy.
2. **At 7:00 AM,** fill the Half-Lytely container with water to the indicated fill line and place in the refrigerator to chill. You may add one tube of Crystal Light powered lemonade to the solution to improve the taste.
3. **At 4:00 PM, the afternoon before your colonoscopy,** take the 1 Bisacodyl tablet included in the Half-Lytely Bowel Prep Kit with 8oz of clear liquid (you will want to be home now).
4. **At 7:00 PM,** begin drinking the Half-Lytely Solution. **Drink ONE-8oz glass** of solution every 10 minutes until **FOUR glasses** are finished. **Refrigerate the remainder of solution.** If you feel nauseated during the process, take a break until your stomach settles and restart. Before retiring for the evening, **drink at least three 8oz glasses** of clear liquids to help prevent dehydration.

### **THE DAY OF YOUR COLONOSCOPY:**

1. **THREE** hours prior to leaving for your procedure appointment, **drink the remaining FOUR 8oz glasses solution.** Do not eat or drink anything more or your test will be cancelled or delayed.
2. You will receive medication for sedation during the procedure. **Please arrange for someone to drive you home after the colonoscopy.** Do not drive for 12 hours after the procedure. If you have any questions concerning the procedure, please call 703-876-0437.

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## **Instructions for Colonoscopy with Magnesium Citrate Preparation:**

**Things to purchase:** Two 10 oz. bottles of Magnesium Citrate (only the green bottle, NO RED) and 1 box of Dulcolax 5 mg. (Bisacodyl) laxative tablets from your drug store. These are over the counter products. No prescription is required.

1. **DISCONTINUE** any aspirin, ibuprofen, or Advil type products, blood thinners (Coumadin, Plavix, Aggrenox, Ticlid, Persantine) for 5 days prior to your procedure date. Tylenol may be used as needed. **Your other necessary medications are OK to take.** Unsure about your medications? Please check with your prescribing doctor.
  
2. **Upon waking THE DAY BEFORE THE EXAMINATION, you will begin a clear liquid diet.** Do not eat any solid food. Follow a clear liquid diet carefully to ensure adequate preparation of the colon. A clear liquid diet includes ginger ale, water, Jell-O, Popsicles, apple juice, broth, tea, coffee without milk or cream. **Avoid anything red or purple.** Dairy products or fruit juices with pulp are not allowed. **Do drink plenty of water to stay hydrated.** You may resume your normal diet after the procedure. Failure to follow these instructions may result in inadequate bowel preparation and cancellation of the colonoscopy.
  
3. At 2:00 p.m. **THE AFTERNOON BEFORE** your colonoscopy day, take 4 Dulcolax tablets with an 8 oz glass of any clear liquid. Continue on your clear liquid diet.
  - You may experience mild bloating or cramping. This is a laxative and should begin to work in approximately 3-6 hours, do not worry if it doesn't.
  
4. At 5:00 p.m. **THE AFTERNOON BEFORE** the colonoscopy day, drink one full bottle of Magnesium Citrate followed by 8 oz of water or clear liquid. Continue on your clear liquid diet.
  - This also is a laxative, be prepared to be very close to a bathroom.
  
5. **THE MORNING OF YOUR COLONOSCOPY**, drink one full bottle of Magnesium Citrate again followed by 8 oz of water or clear liquid just as you did the day before.
  - If your arrival time is at or before 7:00a.m., drink the Magnesium Citrate at 4:00 a.m.
  - If your arrival time is after 7:00 a.m., drink the Magnesium Citrate at 5:00 a.m.

**Nothing further by mouth after 5:00 a.m.** A few sips of water with necessary medications is OK. (If your arrival time is at or after 12:30 p.m., clear liquids are OK until 9:00 a.m.)

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## TWO-DAY COLON PREP USING MAG CITRATE & MOVI PREP

You will need to go to your pharmacy and purchase two 10 oz bottles (green label) of Magnesium Citrate over the counter and then go to the pharmacist and pick up your prescription MoviPrep.

### DAY ONE:

**Upon waking two days before your scheduled colonoscopy**, you will begin your liquid diet. You may have water, clear juices, coffee, tea, broth, ginger ale, sprite, 7-up, Popsicles and Jell-O. **NO RED OR PURPLE.** Be sure to drink lots of fluids throughout the day.

**That morning**, fill the MoviPrep Kit with water to the fill line, add the flavor packet if desired, mix well and place in the refrigerator.

**At 6:00 pm that evening** you will begin drinking the MoviPrep Solution.

The MoviPrep container is divided by four marks.

Every 15 minutes, drink the solution down to the next mark (appx 8 ounces), until the full liter is completed.

Now drink 16 oz of a clear liquid of your choice. You may continue drinking clear liquids.

**At 7:00 pm that night** prepare the second container of solution and place in the refrigerator.

### DAY TWO:

**At 7:00 am the next morning**, you will finish the MoviPrep Solution.

The MoviPrep container is divided by four marks.

Every 15 minutes, drink the solution down to the next mark (appx 8 ounces), until the full liter is complete.

Now drink 16 oz of a clear liquid of your choice. You may continue drinking clear liquids.

**At 7:00 pm that evening**, you will drink one bottle of Magnesium Citrate followed by 8 oz of clear liquids. Continue to drink liquids throughout the evening.

### MORNING OF PROCEDURE:

**At 6:00 am the next morning**, you will drink the second bottle of Magnesium Citrate followed by 8 oz of clear liquids. **DO NOT DRINK ANY MORE LIQUIDS AFTER THIS POINT.**

You may take regular medications this morning with a small sip of water.

Your procedure is scheduled for \_\_\_\_\_ at \_\_\_\_\_.

There is a **\$250.00 LATE CANCELLATION FEE** for procedures not cancelled at least **THREE(3) BUSINESS DAYS** prior to your procedure date. Your insurance will not cover this fee, you are responsible for payment. If you must cancel, do not call the facility where your procedure is scheduled **call our office at 703-876-0437.**

## **Two Day Colonoscopy Prep with MiraLax/Gatorade/Magnesium Citrate:**

**Things to purchase:** One Large Bottle (238GMs) of MiraLax OTC, and two 10 oz. bottle of Magnesium Citrate from your local pharmacy and a 2 Liter Bottle/64oz. of Gatorade (**not red or purple**)

1. **Do not take aspirin, ibuprofen, naproxen, or anti-inflammatory products** (Bufferin, Motrin, Aleve, etc) for one week prior to and one week after the procedure. These products may cause bleeding. You may take Tylenol (Acetaminophen).
2. **UPON WAKING TWO DAYS BEFORE YOUR EXAMINATION, YOU WILL BEGIN A CLEAR LIQUID DIET.** This does not mean 48 hours before your procedure time. Do not eat any solid food. Follow a clear liquid diet carefully to ensure adequate preparation of the colon. A clear liquid diet includes ginger ale, water, Jell-O, Popsicles, apple juice, broth, tea, coffee without milk or cream. **Avoid anything red or purple.** Dairy products or fruit juices with pulp are not allowed. You may resume your normal diet after the procedure. Failure to follow these instructions may result in inadequate bowel preparation and cancellation of the colonoscopy.
3. **At 7:00 PM, TWO DAYS BEFORE your colonoscopy,** mix the entire bottle of MiraLax with the bottle of Gatorade in a pitcher. Stir the solution until the MiraLax is dissolved. Begin drinking the solution. Drink **ONE- 8 oz glass** of solution every 10 minutes until 4 GLASSES are finished. **Refrigerate the remainder** of solution. If you feel nauseated during the process, take a break until your stomach settles and restart. Before retiring, drink at least three 8oz glasses of clear liquids to help prevent dehydration.
4. **At 7:00 AM THE DAY BEFORE your colonoscopy,** drink the remaining **FOUR- 8oz glasses** of solution. Continue to drink plenty of fluids throughout the day.
5. **At 7:00 PM THE DAY BEFORE your colonoscopy,** drink one entire bottle of Magnesium Citrate. Continue to drink plenty of fluids throughout the evening.
6. **On the day of your procedure, FOUR HOURS BEFORE LEAVING for the Endoscopy Center,** drink the remaining bottle of Magnesium Citrate followed by 8 oz of clear liquids then **DO NOT DRINK ANY MORE FLUIDS.**
7. You will receive medication for sedation during the procedure. **Please arrange for someone to drive you home after the colonoscopy.** We recommend that you do not drive for 12 hours after the procedure. If you have any questions concerning the procedure, please call (703) 876-0437.

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## TWO-DAY COLON PREP USING MAGNESIUM CITRATE AND HALF-LYTELY

**Things to purchase:** One bottle of Magnesium Citrate (only the green bottle) OTC and prescription Half-Lytely Prep Kit from your pharmacist. Your doctor will give you a prescription.

1. **DISCONTINUE** any aspirin, ibuprofen or Advil products, blood thinners (Coumadin, Plavix, Aggrenox, Ticlid, Persantine) 7 days prior to your procedure. Tylenol may be used as needed. Your other necessary medications are OK to take.
2. **Upon waking two days prior to your colonoscopy you will begin a clear liquid diet.** Do not eat any solid food. Follow a clear liquid diet carefully to ensure adequate preparation of the colon. A clear liquid diet includes water, ginger ale, Sprite, Gatorade, Jell-O, Popsicles, apple juice, broth, tea, or coffee without milk. Avoid anything red or purple. Dairy products or fruit juices with pulp are not allowed. Do drink plenty of water to stay hydrated. You may resume your normal diet after the procedure. Failure to follow these instructions may result in inadequate bowel preparation and cancellation of the colonoscopy.
3. **At 9:00 am two days before your colonoscopy,** you will drink one full bottle of Magnesium Citrate followed by 8 oz of clear liquids. You will need to be home and close to the bathroom. Also, continue your clear liquid diet throughout the day and evening.
4. **At 9:00 pm** fill the Half-Lytely container to the fill line with water and mix the solution. Place in refrigerator to chill. You may add one tube of Crystal Light Lemonade for flavor.
5. **At 7:00 am the day before your colonoscopy,** begin drinking the Half-Lytely solution. You will drink one 8 oz glass of solution every 15 minutes **TOTALING FOUR GLASSES.** You will then place the container back in the refrigerator with the remaining solution. Rapid drinking is preferred to drinking small amounts continuously. **Continue to drink clear fluids throughout the day.**
6. **At 7:00 pm the evening before your colonoscopy,** you will drink the remaining Half-Lytely solution. You will drink one 8oz glass of solution every 15 minutes until all solution is consumed. Continue with your liquid diet throughout the evening.
7. **Upon waking the morning of your colonoscopy,** if your procedure is scheduled **BEFORE 12:00 pm,** you may **NOT** have any more liquids. If your colonoscopy is scheduled **AFTER 12:00 pm,** you may have small sips of water until 7:00 am. You may also take your regular medications at this time.

You may arrange for someone to pick you up one hour after your scheduled procedure time.

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## **Instructions for Colonoscopy and OSMO preparation:**

1. **Do not take aspirin, ibuprofen, naproxen, or anti-inflammatory products** (Bufferin, Motrin, Aleve, etc.) for one-week prior and one-week after the procedure. These products may cause bleeding. You may take Tylenol (Acetaminophen).
2. **Upon waking the day before the examination, you will begin a clear liquid diet.** Do not eat any solid food. Also, purchase 32 OSMO tablets from your pharmacy. You will receive a prescription for the tablets. Follow a clear liquid diet carefully to insure adequate preparation of the colon. A clear liquid diet includes ginger ale, water, Jell-O, Popsicles, apple juice, broth, tea, and coffee without milk or cream. **Avoid anything red or purple.** Dairy products or fruit juices with pulp are not allowed. You may resume your normal diet after the procedure. Failure to follow these instructions may result in inadequate bowel preparation and cancellation of the colonoscopy.
3. **At 7PM, the evening before your colonoscopy,** take 4 OSMO tablets with **8 oz** of a clear liquid every 15 minutes until 20 tablets have been taken. Continue on a clear liquid diet to avoid dehydration. Do not eat any solid food. You may take your first trip to the restroom within 30 minutes of starting the preparation.
4. **The morning of the examination,** take 4 OSMO tablets with **8 oz** of a clear liquid every 15 minutes until a total of 12 tablets have been taken. This must be completed 3 hours before leaving for your colonoscopy appointment. **Then take nothing further by mouth.** You may take your regular medications that morning with a sip of water.
5. You will receive medication for sedation during the procedure. **Please arrange for someone to drive you home after the colonoscopy.** We recommend that you do not drive for 12 hours after the procedure. If you have any questions concerning this procedure, please call 703-876-0437.

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## **Instructions for Colonoscopy with Golytely Preparation:**

**Things to purchase:** 1 Golytely Prep Kit at your local pharmacy. Your doctor will give you the prescription.

1. **Do not take aspirin, ibuprofen, naproxen, or anti-inflammatory products** (Bufferin, Motrin, Aleve, etc) for one week prior to and one week after the procedure. These products may cause bleeding. You may take Tylenol (Acetaminophen).
2. **Upon waking the day before the examination, you will begin a clear liquid diet.** Do not eat any solid food. Follow a clear liquid diet carefully to ensure adequate preparation of the colon. A clear liquid diet includes ginger ale, water, Jell-O, Popsicles, apple juice, broth, tea, coffee without milk or cream. **Avoid anything red or purple.** Dairy products or fruit juices with pulp are not allowed. You may resume your normal diet after the procedure. Failure to follow these instructions may result in inadequate bowel preparation and cancellation of the colonoscopy.
3. **At 7:00 PM, the evening before your colonoscopy,** begin drinking the Golytely Solution. Drink one liter (approximately one quart) per hour for 4 hours. This is about 8oz every 15 minutes. Rapid drinking is preferred to drinking small amounts continuously. The Golytely solution may be chilled to improve taste but do not add any flavoring to it. You must drink the entire container of solution. Failure to follow these instructions may result in inadequate bowel preparation and cancellation of the colonoscopy.
4. Once the prep is complete, you may drink water until midnight.
5. You may not have anything to eat or drink after midnight or on the day of the procedure. You may take regular medications that morning with a sip of water.
6. You will receive medication for sedation during the procedure. **Please arrange for someone to drive you home after the colonoscopy.** We recommend that you do not drive for 12 hours after the procedure. If you have any questions concerning the procedure, please call (703) 876-0437.

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