



Mary Washington

Gastroenterology

Procedure Locations and Phone Numbers

Mary Washington Hospital ENDO	1001 Sam Perry Blvd, Fredericksburg, VA 22401 (540) 741-1100
Stafford Hospital ENDO	101 Hospital Center Blvd, Stafford VA 22554 (540) 741-9000
Fredericksburg ENDO Center	1211 Central Park Blvd, Fredericksburg, VA 22401 (540) 408-0800

PLEASE REVIEW YOUR PROCEDURE PREP INSTRUCTIONS 7 DAYS PRIOR TO YOUR PROCEDURE TO ENSURE THAT YOU FOLLOW THE DIRECTIONS AND ARE NOT AT RISK OF HAVING YOUR PROCEDURE CANCELLED OR RESCHEDULED.

- If you were given a prescription for your prep and anti-nausea medication (if prescribed), you can pick this up from the pharmacy and store it in a cool dry place until needed for your procedure.
- You should plan to be at the endoscopy center for up to 3 hours for preparation, the procedure and recovery.
- If you are taking antibiotics for respiratory reasons within 2 weeks of your procedure date, please contact our office.
- If you have donated blood, you must wait 8 weeks after your donation to have your procedure. Please call our office to report donations within this time frame.
- You will need to have a responsible adult (18 years or older) to drive you to your procedure and wait in the endoscopy center as well as drive and receive you at home.

Alternative Transportation Options:

Patients are required to have transportation home from their procedure as they are unable to drive for the remainder of the day due to having anesthesia

For patients who are unable to obtain a ride home from the procedure, you can contact any of the below companies prior to the procedure to arrange transportation:

- Comfort Keepers (540) 205-8743 or submit an online request at [Comfort Keepers Home Care in Fredericksburg, VA | Comfort Keepers Home Care](#)

Please be advised there are fees associated with the above options and a responsible party will still need to accompany you to your procedure or receive you at your destination after your procedure.



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Miralax Prep - Colonoscopy Instructions

If you are taking anticoagulant (blood thinner) medication, please refer to your medical clearance from the prescribing provider or follow instructions provided by your gastroenterologist.

SEVEN (7) Days before your Procedure

STOP the following medications if taking

- Iron supplements or medications that contain iron.
- NSAIDs such as Advil, Motrin, Ibuprofen, and Celebrex. If you take Aspirin, you may continue this unless otherwise instructed by your physician.
- Chalky Antacids: Tums, Rolaids, Mylanta, Pepto Bismol
- Fiber Supplements : Metamucil, Citrucel, Fiberall
- Phentermine
- Qsymia

STOP eating high fiber foods: beans, nuts, seeds, raw fruits, raw vegetables.

ONE (1) Day before your Procedure

Today DO NOT EAT any SOLID FOODS. You will begin your colon prep today. ONLY drink CLEAR LIQUIDS ALL DAY!

- If diabetic: take ½ (half) of your normal diabetic medication(s) today.
- If you have an insulin pump: DO NOT remove it at any time.
- If you have any questions regarding your dosing, discuss your rates with your prescribing physician (PCP or Endocrinologist).

Clear Liquid Diet

Clear sodas

Clear Juices

**Black or green tea
(sweeteners permitted)**

**Fitness water, Sports
Drinks**

Popsicles without pulp

Gelatin

Italian Ice

**Chicken, vegetable or
beef broth**

No milk/dairy

No juices with pulp

No gummies

No chocolates

No alcohol

**Nothing that is RED
or PURPLE in color**



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10:00am

MIX YOUR PREP

Mix the full (14 dose) bottle of Polyethylene Glycol (white bottle with purple cap) with 64 ounces of CLEAR liquids and place in refrigerator.

3:00pm

Take two (2) Bisacodyl tablets (brown pouch) with 8 ounces of a clear liquid.

4:00pm to 6:00pm

BEGIN DRINKING THE FIRST 1/2 of the PREPARED SOLUTION

- Consume 8 ounces every 20 minutes until HALF is complete.
- Drinking out of a straw can help reduce nausea.
- Place the remaining solution in the refrigerator.

8:00pm

- Take your last two (2) Bisacodyl tablets (brown pouch) and one (1) 80mg Simethicone tablet (yellow pouch) with water.

CONTINUE CLEAR LIQUIDS

Day of your Procedure

- If you are a smoker, please refrain from smoking on the day of your procedure; this includes cigarettes, cigars, pipe, e-cigarettes and marijuana.

8 hours prior

- Begin drinking the remaining half of the prep solution.
- Consume 8 ounces every 20 minutes until complete (you have 2 hours to complete).
- Continue clear liquids.

4 hours prior

- Take your heart, blood pressure and/or seizure medications with a small sip of water.
- Use inhalers as instructed
- If diabetic: DO NOT take any of your diabetic medications. DO NOT remove your insulin pump.

NOTHING else by mouth until after the procedure is complete