



Colonoscopy Prep Instructions: OVER THE COUNTER

Gastro Virginia

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FOLLOW THESE INSTRUCTIONS EXACTLY. If you have questions, call the nurse line for your location.

WHAT IS A COLONOSCOPY?

A colonoscopy is an examination of the colon (large intestine) with a flexible tube about the thickness of your pinkie finger, which transmits a live color image onto a television screen. For the procedure to be successful, your colon must be completely clean. If it is not adequately prepared, the procedure will need to be rescheduled.

- ☐ Provide us with an updated medication list at least 14 days prior to your procedure.
- ☐ Pick up your MiraLAX, Dulcolax, Magnesium Citrate, clear liquid of your choice. Do not wait until the day before.

1 WEEK BEFORE

- ☐ Obtain any medical clearances prior to scheduling procedure, if applicable
- ☐ Stop **NSAIDs and Iron** 5 days before: Ibuprofen (Advil, Motrin), Naproxen (Aleve, Naprosyn), Aspirin (Bayer, Ecotrin, Miniprin), Diclofenac (Voltaren, Cambia), Celecoxib (Celebrex), Meloxicam (Mobic), Indomethacin (Indocin), Ketorolac (Toradol), and others. **Tylenol (acetaminophen) is OK.**
- ☐ **Check your medications.** If you are taking **blood thinners** (Coumadin, Warfarin, Eliquis, Brilinta, Clopidogrel, etc.) or **GLP-1/weight loss medications** (Ozempic, Wegovy, Mounjaro, Zepbound, Saxenda, Victoza, Trulicity, Byetta/Bydureon, Adlyxin, Phentermine), **STOP these 7 days before your procedure.**

3 DAYS BEFORE

- ☐ Stop all vitamins and supplements. Minimize fiber: Avoid beans, peas, corn, popcorn, nuts, tomatoes, cucumbers, pickles, sesame seeds, strawberries, watermelon, oatmeal, kiwi, grapes, and other foods with small seeds or skins.
- ☐ **Hold SGLT2 Inhibitors:** Canagliflozin (Invokana), Dapagliflozin (Farxiga), Empagliflozin (Jardiance), Ertugliflozin (Steglatro), Sotagliflozin (Inpefa).

1 DAY BEFORE

MORNING — When you wake up

- ☐ **Do not eat any food** from the time you wake up. Drink only **clear liquids** all day. See the chart below.
- ☐ **Hold oral GLP-1 medications (e.g., Rybelsus), Metformin & Glyburide today.**

1:00 PM — Start Dose 1

- ☐ Take 4 Dulcolax tablets with a glass of water. Mix 64 ounces of clear liquid with 8.3 ounces of MiraLAX and place in the refrigerator. **DO NOT** add ice.

2:00 PM — Start Dose 2

- ☐ Drink 10 ounces of Magnesium Citrate. You may refrigerate if you prefer to drink it chilled.

3:00 PM — Start Dose 3

- ☐ Drink the entire MiraLAX solution. Drinking with a straw may make it easier to consume. Drink 8-ounce glass every 10-15 minutes until the entire solution is gone.

DAY OF YOUR PROCEDURE

4 Hours Before Your Arrival Time — Nothing More

- ☐ **Do not eat or drink anything 4 hours before your procedure arrival time.** No gum, mints, or hard candy. You may brush your teeth but do not swallow.
- ☐ Take your morning prescribed medications with a sip of water **UNLESS** otherwise directed by your doctor.
- ☐ **If your stool is not clear (see-through, like yellow water) by your procedure morning, call your location's nurse line immediately.**

ITEMS YOU WILL NEED

- ☐ One bottle of MiraLAX, 8.3 ounces (238 grams)
- ☐ Four Dulcolax (bisacodyl) laxative tablets, 5mg. **DO NOT** get Dulcolax stool softener or suppository
- ☐ Magnesium Citrate, 10-ounce bottle
- ☐ Two bottles of clear liquid – 32 ounces each (no red or purple)

CLEAR LIQUIDS REFERENCE

Clear Liquids — OK TO DRINK	
Black coffee or tea	Water
Clear juice (apple, white grape, white cranberry)	Sports drinks: Gatorade, Powerade, Propel
Clear soda (Sprite, ginger ale, seltzer)	Jell-O, popsicles, Italian ice
Clear broth (chicken, beef, vegetable)	Kool-Aid, Boost Breeze, iced tea, limeade
ABSOLUTELY NO RED OR PURPLE DYE, DAIRY PRODUCTS, ORANGE JUICE, TOMATO JUICE, GRAPEFRUIT JUICE, ALCOHOL, OR ANYTHING WITH A CREAM BASE.	

TRANSPORTATION & CANCELLATION POLICY

Transportation: You cannot drive or operate machinery after your procedure. You must have a friend, family member, or arranged medical transport. Total time in the office is about 2–2½ hours. Your ride does not need to stay — we will contact them 20–30 minutes before discharge. Uber, Lyft, and taxis **are NOT allowed**. Contact our office if you need a medical transportation service.

Cancellations: We understand that from time to time you may need to cancel an appointment for various reasons. Please observe the rules regarding cancellations.

- ☐ Any schedule modification requires at least **5 business days' notice** for procedure appointments.
- ☐ Procedure cancellations that are made without appropriate notice are subject to a patient charge of **\$200**.
- ☐ If you miss your scheduled appointment without appropriate notice, the above charges will be applied accordingly.

NURSE LINE — CONTACT YOUR LOCATION WITH ANY QUESTIONS

Fairfax	(571) 570-1819	Alexandria	(571) 570-1819
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A nurse will call you within 1 week before your procedure to review prep instructions and answer questions.