



Procedure Date: _____

Time of Procedure: _____ Arrival Time: _____

**Inova Loudoun Hospital is located at 44045 Riverside Parkway, Leesburg, VA 20176
Check in at Outpatient Registration**

At your office visit we reviewed your medical risk factors, however the anesthesia team may require additional information or screening prior to the procedure.

You may need to make changes to your daily medicines

- If you take insulin for diabetes, we will require an Electrocardiogram (EKG) dated within a year of the procedure.
If you have diabetes call the doctor who manages your diabetes to discuss how to manage your medicines for this procedure.
- If you take blood thinners such as Plavix, Coumadin, Xarelto, Effient, Pletal, Eliquis, Fragmin, Pradaxa, Brillinta, Innohep, Savaysa, Lovenox, Heparin, or any other blood thinner not on this list, you will need additional instructions provided from the doctor who manages your medication and you may also need a medical clearance. It is very important for us to receive the instructions on your blood thinner in a timely manner, as you may require additional testing. Please plan to have all tests done as soon as possible to avoid rescheduling the procedure.

7 DAYS BEFORE YOUR PROCEDURE

You should stop taking non-steroidal anti-inflammatory (NSAID) medications, such as Ibuprofen, Motrin, Aleve, Advil, and Naproxen. You may continue to take Aspirin if recommended by your doctors, otherwise stop **Aspirin 7** days before the procedure.

- If you take a PPI such as Nexium, Protonix, Prevacid, Aciphex, Prilosec, and Dexilant please take your regular dose up through the day before the procedure.
- If you take any **Blood Pressure** medications, please continue taking them including the morning of the procedure with a sip of water.

Because you are not allowed to drive for 24 hours, and to help ensure your safety, an adult must accompany you and drive you home. Your ride must be available to pick you up when the nurse calls. Transportation by taxi is acceptable as long as a responsible adult is with you.

We have found the need to implement a \$300.00 fee for the cancellation of the procedure less than 10 days of the surgery. Please note that our office may need to move your surgery date and time and for this instance you will not be charged.

Directions for Taking: ___ GoLytely® ___ Colyte® ___ NuLytely® ___ TriLyte®

___ One Day “Full Dose” Method:

On the Evening before the Colonoscopy at 4PM: Drink one 8-ounce glass of PEG solution. Drink an 8-ounce glass of solution every 10-15 minutes until the bottle is empty (4 liters) and the stool is watery, clear, and free of solid matter.

PEG solutions are salty; adding Crystal Light or Kool-Aid may help the taste. (No Red, Blue, or Purple flavors.)

___ Two-Day “Split Dose” Method:

Dose 1: 6PM the night before the Colonoscopy: Drink one 8-ounce glass of PEG solution. Continue drinking one 8-ounce glass of solution every 10-15 minutes until the bottle is **HALF** empty (2 Liters).

Dose 2: On the Morning of the Colonoscopy: Before your ride to the Endoscopy Center or Hospital: Drink one 8-ounce glass of PEG solution. Drink a glass of solution every 10-15 minutes until the second half of the bottle is empty (2 Liters).

DURING THE PREP: IT IS IMPORTANT THAT YOU REPLACE FLUIDS AND PREVENT DEHYDRATION BY DRINKING LARGE AMOUNTS OF CLEAR LIQUIDS.

Helpful Tips:

1. Stay near a toilet; you will have diarrhea. Ideally, your bowel movements will become either yellow or clear liquid after a complete prep.
2. Side effects of some preps include nausea, abdominal pain, bloating, vomiting, thirst, dizziness, and dehydration. If you feel nauseous or vomit, take a 30-minute break, rinse your mouth, and then continue drinking your prep. If you throw up your bowel prep, just try your best to drink as much bowel prep as you can tolerate and report for your colonoscopy as scheduled. Be sure to alert your doctor that you could not tolerate your entire bowel prep.
3. Feeling some abdominal cramping is normal.
4. Petroleum jelly (Vaseline®) around the anus or using baby wipes may decrease skin irritation.

**** Take Two Dulcolax tablets each night for 3 nights: _____**