

INFORMATION FOR YOUR COLONOSCOPY



Place of Procedure:

Georgetown University Hospital
Division of Gastroenterology
3800 Reservoir Rd. NW
Washington, DC 20007
2nd floor, Main Building, Room 2210

*If your insurance company requires a referral, you must bring it with you.
Also, please bring your insurance card and a current picture ID.*

Please Note:

- You must have a responsible adult accompany you home after the procedure. This person must pick you up in the endoscopy unit after checking in at Room M-2210.
- You may not take a taxi or bus home unless accompanied by an adult.
- If you are being picked up after your procedure our nurses can coordinate pickup times – just provide them with a telephone number and the amount of notice your escort needs to arrive at the hospital. You may not operate a motor vehicle for the remainder of the day following your procedure.

COLONOSCOPY MIRALAX PREP INSTRUCTIONS



Two days before your procedure, purchase:

- One bottle of Miralax (238 gm) or generic Glycolax (238 gm)
- 4 Dulcolax laxative tablets (5 mg each)
- 64 ounce bottle of lemonade, Gatorade (lemon-lime), or coconut water

24 hours before your procedure:

- Refrigerate the lemonade/Gatorade/coconut water.
- Drink only clear liquids for breakfast, lunch and dinner (water, broth, apple juice, white grape juice, lemonade, coffee or tea). Do not drink any red liquids or artificial sweeteners.
- At 3:00 pm (or noon if you prefer an earlier schedule) take 2 Dulcolax laxative tablets with 8 ounces of clear liquid.
- At 5:00 pm (or 2pm if you prefer an earlier schedule) mix Miralax with the 64 ounce bottle of Gatorade/lemonade/coconut water. Make sure the Miralax powder is well dissolved.
- Drink an 8 ounce glass of the Miralax solution every 10-15 minutes until it is finished.
- At 8:00 pm (or 5pm if you prefer an earlier schedule) take 2 additional Dulcolax laxative tablets with 8 ounces of clear liquid.
- Continue to drink as much clear liquid as possible until bedtime.
- After midnight **NOTHING BY MOUTH** until after the procedure, except for blood pressure medication which should be taken at least 4 hours before the procedure with a sip of water.

Day of your procedure:

- Nothing to eat or drink the morning of the procedure. Do not eat hard candy or chew gum.
- Wear comfortable clothing that is easy to remove and leave jewelry at home.
- Arrive at endoscopy registration one hour prior to your scheduled procedure. Registration is located on the 2nd floor of the Main Hospital – Room M-2210. Construction of the new hospital has led to significant traffic delays – please allow yourself ample time for parking.
- A nurse will review your medical history with you. Please bring a list of your current medications and any allergies. An intravenous line (IV) will be started in order to administer the sedation during your procedure.
- Your heart rate, blood pressure and oxygen level will be monitored during the procedure.
- When your procedure is finished, you will remain in the recovery room for approximately one hour.
- Dr. Chutkan will discuss the results of your procedure with you and give you a written copy of your report.

ADDITIONAL INFORMATION

- If you are on blood thinners, insulin or other diabetic medications please check with your primary physician for instructions and let us know when you arrive for your procedure. You may call the endoscopy nursing staff at 202-444-3302 or our office at 301-215-7700 if you have questions regarding your medications.
- It is not uncommon for people to experience bloating, nausea, abdominal pain or even vomiting when drinking the bowel prep solution. If you experience any of these symptoms, take a break for 1-2 hours and then resume drinking at a slower rate.
- If upon completion of the prep you are still passing solid stool, drink a 10-ounce bottle of citrate of Magnesium, which can be obtained without a prescription.
- Make sure you have not had anything to eat or drink for at least 6 hours prior to the procedure.