



COLON, STOMACH & LIVER CENTER, LLC | LOUDOUN ENDOSCOPY GROUP

Satinder Gill, M.D. | Hiwot Desta, M.D. | Rahul Kataria, M.D. | Hani Sabahi, M.D.

Colleen Nappi, CFNP | Ndeye Kone PA-C

19455 Deerfield Ave., Suite 201 | Lansdowne, VA 20176

(P) 703.723.3670 | (F) 877.325.2018



## Colon Prep: (Do Not Follow the Instructions on the Box)

### Diet Information

From midnight the day before your procedure until midnight the day of your procedure (the night before your procedure) you will be on a clear liquid diet only, no solid foods (the entire 24 hour day before your procedure). After midnight on the day of (the night before your procedure) you will remain NPO (nothing by mouth) until after your scheduled procedure.

### Prep Instructions: Completed the Day before the Procedure

#### STEP 1:

1. Early in the evening prior to colonoscopy **one (1) day before**, fill the supplied container containing the powder with lukewarm water (to facilitate dissolution) to the 4 liter fill line.
2. The solution is clear and colorless when reconstituted to a final volume of 4 liters.
3. After capping the container, shake vigorously several times to ensure that the ingredients are dissolved. When reconstituted use within 48 hours.

#### STEP 2:

At **4:00 PM** (the day before your procedure) begin drinking the solution.

1. Drink a total of 4 liters at a rate of 240 mL (8 oz.) every 10 minutes, until 4 liters are consumed

### Additional Information

You must drink the entire prep for the best results. Drinking plenty of water will also help. You can continue to drink clear liquids up until midnight.

After midnight, do not eat or drink until after your procedure.

Clear liquids are transparent. Avoid liquids with a red dye. For additional information, including types of diets, please visit [www.loudounslcenter.com](http://www.loudounslcenter.com)

If you are having an emergency or do not start having bowel movements, 2 hours after step 2, call (703) 723-3670 to reach the on-call provider.

### The day of your procedure:

Do NOT eat anything the day of your procedure. Do NOT drink anything after 12 AM the day of your procedure. If you do, there is a risk of aspiration with the sedation. Therefore, your procedure may be cancelled or delayed. You may resume a normal diet after the procedure.

For additional information, please visit our website, [www.loudounslcenter.com](http://www.loudounslcenter.com).