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### Colonoscopy CSL Instructions

#### Transportation Policy

You will be given medications that will make it unsafe for you to drive following your exam. Therefore, you must have someone available to drive you home. A taxi or bus is not an appropriate form of transportation from our facility. However, we offer a list of services at your request.

#### Cancellation Policy

If you need to cancel or reschedule your procedure, you must notify us five (5) business days in advance. If you fail to do so, there may be a \$200 fee.

### Instructions

Failure to follow any of the instructions below may result in the cancellation of your procedure. If so, a penalty of \$200 may be applied to your account.

1. \*7 days prior to the exam, stop taking iron, fish oil and diet pills. Do not take any blood thinners such as Aspirin, Ibuprofen, Advil, Motrin and Aleve. If you are taking any blood thinners, please notify us. These may need to be temporarily stopped before your procedure. Tylenol is allowed.
- \* If you take medications in the morning, it is okay to take them at least 4 hours prior to your procedure. Please consume a tiny amount of water just to get the pills down. We encourage our patients to take their medication in the morning, especially blood pressure pills.
- \* If you have asthma and/or sleep apnea, please bring your inhaler and/or CPAP machine with you to the procedure.
- If you are scheduled at a location other than the Loudoun Endoscopy Group, anesthesia guidelines from the other facility may require you to have lab work and an EKG performed prior to the procedure. If so, you would have received additional instructions.
- Do not have a CT-scan with contrast within 5 days of your exam.
- \* Avoid foods containing seeds, nuts or corn within 5 days of the procedure.
- Several days before your procedure, you'll receive a phone call confirming your appointment and a review of your insurance benefits. If you do not receive a phone call, please call our office to verify your appointment.
- \* After midnight the night before your procedure, do not eat or drink anything.


#### \*The Day of the Procedure:

Do Not Eat or Drink Anything. If You Do, There is A Risk of Aspiration with the Sedation. Therefore, Your Procedure May Be Canceled or Delayed. You May Resume a Normal Diet After the Procedure.

### CSL Prep Instructions

From 12:01 AM **The Day Before Your Procedure** until 12:01 AM **The Day of Your Procedure** you will be on a clear liquid diet, no solid foods. After 12:01 AM **The Day of Your Procedure** you will remain NPO (nothing by mouth) until after your scheduled procedure.

### Overview of the Prep Day

All day, only clear liquids by mouth. <b>Strictly No Solid Food</b> 		
3 PM	4 PM	9 PM
<ul style="list-style-type: none"> <li>- Take two (2) orange prep pills by mouth with clear liquid</li> <li>- Mix ClearLax (whole bottle) + Crystal Lite and add 64oz of water (OR any clear liquid).</li> </ul>	<ul style="list-style-type: none"> <li>- Drink 8oz of ClearLax solution every 20 minutes until you finish all 64oz of fluid.</li> </ul>	<ul style="list-style-type: none"> <li>- Drink Magnesium Citrate (entire bottle)</li> <li>- Continue drinking clear liquids as tolerated until midnight.</li> </ul>

Detailed Prep Instructions: Completed the Day before the Procedure

Step 1: At 3 PM on **The Day Before Your Procedure**, take two orange prep pills by mouth with Clear Liquids.

- Mix the entire bottle of ClearLax powder and the sleeve of Crystal Lite (or any clear liquid you wish to use) with 64oz of water.
- Stir until dissolved.
- Chill with ice or in refrigerator.

Step 2: At 4 PM on **The Day Before Your Procedure**, begin drinking the ClearLax solution.

- You should attempt to drink at least one 8oz glass every 20 minutes until entire 64oz is gone.
- A Straw may help. If you become nauseated or vomit take a 30-minute break, then continue drinking the solution.

Step 3: At 9 PM on **The Day Before Your Procedure**, pour the entire bottle of Magnesium Citrate over ice and drink.

### Additional Information

You may use the baby wipes included with the prep instead of toilet paper. A small packet of vaseline is also included in case of a sore bottom.

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, though, nothing to eat or drink until after your procedure.

Clear Liquids are transparent. Avoid liquids with a red, blue and purple dye. For additional information, including types of diets, please visit [www.loudouncslcenter.com/education.html](http://www.loudouncslcenter.com/education.html)

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

To cancel or reschedule your procedure, please contact the procedure scheduler at extension 206.

For additional information, please visit our website, [www.loudounslcenter.com](http://www.loudounslcenter.com). Follow the "Contact Us" tab to submit any questions; or ask our Procedure Scheduler at extension 206.