

Your Procedure:

You are scheduled for a colonoscopy, a procedure in which a doctor examines the lining of your large intestine by looking through a flexible tube called a colonoscope. If growths or other abnormalities are found during the procedure, the doctor may remove the abnormal tissue for closer examination or biopsy.

Procedure Date: _____

Arrival Time: _____ **Procedure Time:** _____

YOUR BOWEL PREP IS EXTREMELY IMPORTANT! PLEASE READ INSTRUCTIONS CAREFULLY.

1 Week Prior	3 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p>▶ Purchase the following: -MoviPrep kit (prescription from Dr.) includes: 1 disposable container, 2 pouches labeled “A” and 2 pouches labeled “B”. -Clear liquid of choice, 32 oz (see list for clear liquid choices). ▶ Optional – for sore bottom: -Plain or Aloe Baby Wipes -Desitin or A&D ointment ▶ Arrange for a responsible adult to stay with you during the procedure and take you home post-procedure. ▶ If you take fiber supplements or medications containing iron <u>discontinue</u> those 7 days before your appointment. This includes multi-vitamins with iron. ▶ You may <u>continue</u> your “baby” aspirin and regular aspirin. Let us know if you are on Plavix, coumadin, or other blood thinners. ▶ If you have <u>diabetes</u> you have been given a Diabetic Prep Sheet. ▶ Stop taking these medications:</p> <hr/> <hr/>	<p>▶ Begin low fiber diet. See handout for details.</p> <p>▶ Stop consuming all high-fiber foods.</p> <p>▶ Last chance to cancel appointment. Call your physician’s office at the number below if you need to reschedule your procedure or if you have any questions:</p> <hr/>	<p>▶ Continue low fiber diet.</p> <p>▶ Drink at least 4 large glasses of water throughout the day.</p> <div style="text-align: center;">  </div> <p style="text-align: center;">No solid foods after midnight!</p>	<p>▶ Begin clear liquid diet. See clear liquid choice handout for suggestions and recipes!</p> <p>▶ Drink at least 4 large glasses of water throughout the day.</p> <div style="text-align: center;">  </div> <p>Other _____</p> <p>▶ 3pm: Thoroughly mix one “A pouch” and one “B pouch” with lukewarm water to fill line on disposable container. Mix to dissolve. Refrigerate.</p> <p>▶ 4:30pm: Drink 8 oz of solution and continue drinking an 8 oz glass of solution every 15 minutes until the entire container is finished.</p> <p>▶ Drink 16 oz of the clear liquid of your choice after finishing the container.</p> <p>▶ Mix remaining pouches with lukewarm water, stir to dissolve, and refrigerate.</p> <p>▶ 7pm: Drink 8 oz of solution. Repeat every 15 minutes until the entire container is finished.</p> <p>▶ Drink 16 oz of the clear liquid of your choice after finishing the container.</p> <p>If you experience nausea or vomiting take a 15-30 minute break, then continue drinking prep solution.</p>	<p>▶ After your prep, the results should appear <u>clear yellow</u> or <u>clear green</u> liquid with <u>no</u> solid matter. If not, please call your doctor at the office or medical exchange.</p> <p>▶ NOTHING by mouth within 4 hours of scheduled procedure time – including gum, hard candy/mints & NO smoking tobacco, marijuana, or use of e-cigarettes the day of your procedure.</p> <p>▶ You may take your essential morning medications with 4 tablespoons (2 oz) of water, 2-4 hours prior to your procedure, unless otherwise directed by your physician.</p> <p>▶ Be sure to bring the following:</p> <ul style="list-style-type: none"> -Responsible adult driver to stay with you and drive you home. Your procedure will not start without your driver present. -Insurance Cards -Driver’s License/Photo ID -Any co-insurance fees due