

COLONOSCOPY INSTRUCTIONS

☐ PHARMACY NOW

☐ Pregnancy Test 48-72 hrs prior

☐ PRE ANESTH APPT _____

Your procedure is scheduled for _____ and your arrival time is _____

Your scheduled time is subject to change in the event of a cancellation due to an emergency.

*If you need to reschedule / cancel your appointment or have any medical questions about the instructions, please call (254) 553-6547

YOUR RIDE MUST BE PRESENT and STAY in the HOSPITAL on the DAY OF THE PROCEDURE.

GENERAL INSTRUCTIONS

You will be receiving I.V. (intravenous) sedation during your procedure. You **MUST** have an **ADULT** companion (family member or friend) to drive you home. Public transportation by yourself (bus and taxi) is not allowed. Your procedure will be **CANCELLED** if your **ESCORT is not present**. Most patients are discharged 3-4 hours after arrival. *Do not use nail polish or body lotions/oils as they interfere with the monitoring equipment. *Remove all jewelry/body piercings prior to your arrival.

**CHECK IN FOR
PROCEDURE:**

CHECK IN AT THE KIOSK STATION IN FRONT OF THE ORAL SURGERY CLINIC (2ND FLOOR OF THE MAIN LOBBY). THEN, PROCEED TO ENDOSCOPY/ICU WAITING AREA AND HAVE A SEAT UNTIL CALLED.

MEDICATION INSTRUCTIONS:

1. Blood-thinning or anti-platelet medications such as Coumadin (Warfarin), Apixaban (Eliquis), Clopidogrel (Plavix) or aspirin will be addressed in clinic by your provider. Typically, these medications are stopped 5-7 days prior to the procedure.
2. If you are taking medication for high blood pressure, seizures, or other medical conditions you may take these medications at least 3 hours prior to the procedure with a sip of water.
3. Stop iron pills and fiber supplements should not be taken for 7 days prior to your colonoscopy
4. If you have **diabetes**:
 - If you take a pill to lower your sugar, **DO NOT TAKE IT** on the day of your procedure.
 - If you are taking regular insulin (R), **DO NOT TAKE IT** on the day of your procedure.
 - If you are taking long-acting insulin (NPH), you should take half of your prescribed dose on the morning of your procedure.
 - If you are taking any other insulin preparation such as Lantus, Humalog, or 70/30 insulin, please contact your prescribing physician for instructions.

PLEASE NOTE

It is extremely important to follow the recommended dietary restrictions and the bowel preparation instructions, so that the physician will be able to have full visualization of your colon. Your colon must be clear of any stool and resemble urine (clear to yellow). A poor preparation limits the value of this procedure and could necessitate rescheduling of the examination.

*****AVOID NUTS, SEEDS, CORN, AND QUINOA FOR 7 DAYS PRIOR TO PROCEDURE*****

LAST SOLID MEAL 2 DAYS PRIOR TO PROCEDURE UNTIL MIDNIGHT

- You **MUST** follow a clear liquid diet the day prior to your procedure

These Food Items ARE Allowed:

- Water
- Clear broth: beef or chicken
- Juices:
 - Apple juice, White Grape juice
 - Tang, Kool-Aid (no red/purple colors)
 - Lemonade
- Sodas (no red/purple colors)
- Coffee, Tea (without cream)
- Gelatin (without fruit and are not red)
- Popsicles and Italian ices (without fruit or cream and are not red/purple)

You may also use salt, pepper, and sugar

These Food Items NOT Allowed:

- Red /Purple juices or red/purple fluids
- Milk
- Grapefruit juice
- Cream
- Milkshakes
- Tomato juice
- Orange juice
- Cream soups
- Any soup other than the listed broth
- Oatmeal
- Cream of wheat

MoviPrep INSTRUCTIONS

Get the MoviPrep (laxative) prescription filled at the pharmacy.

The MoviPrep kit contains **2 packages and a mixing container**. **Each package contains 1 pouch A and 1 pouch B**. Following the instructions below, **you will use all 4 pouches to complete your prep**.

INSTRUCTIONS FOR MIXING YOUR MOVIPREP SOLUTION

*** DAY BEFORE YOUR COLONOSCOPY***

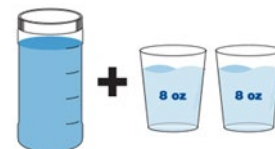
1. Empty 1 pouch A and 1 pouch B into the disposable container.
2. Add lukewarm water or preferred clear liquid to the top line of the container. Mix to dissolve. If you prefer, the solution can be refrigerated before drinking. The solution should be used within 24 hrs.

*****FOLLOW A CLEAR LIQUID DIET ALL DAY... NO SOLID FOOD *****



1st DOSE REGIMEN: **START TIME 5:00 PM-6:00 PM**

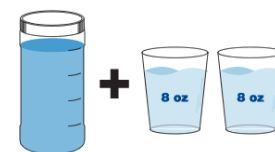
3. Every 15 minutes, drink the solution down to the next mark, until done. Complete ALL solution within one hour. You may start going to the bathroom in 1-2 hours.
4. Drink an additional 16 ounces of clear liquid of your choice from the list.
5. Prepare the second container of MoviPrep by repeating steps 1 and 2.
6. When bowel movements start, drink at least 1/2 cup clear liquids after each bowel movement.



*** DAY OF YOUR COLONOSCOPY***

2nd DOSE **START: 4 HOURS PRIOR TO ARRIVAL**

7. Every 15 minutes, drink the solution down to the next mark, until the full liter is complete. Complete ALL solution within one hour.
8. Drink an additional 16 ounces of clear liquid of your choice. You may start going to the bathroom after only a couple of glasses but be sure to drink **ALL** of the solution.
9. Try to drink additional clear liquids until 2 hours prior to arrival and take your prescribed morning medications if needed. At that point, **DO NOT** consume anything until after your colonoscopy. **NOT EVEN WATER OR GUM!!**



❖ If you should begin to vomit, stop drinking the preparation for 20-30 minutes and then restart the laxative preparation. If the vomiting does not stop and you are unable to keep fluids down then report to the Endoscopy Unit during clinic hours or the ER after hours/weekends.