



Procedure Date: _____

Arrival Time: _____

■ YOUR ADULT ESCORT MUST BE PRESENT AND STAY IN THE HOSPITAL

An adult companion (family or friend) must drive you home and stay on site during your procedure. **No bus, no taxi, no rideshare alone.** Without an escort, your procedure **will be cancelled.**

General Information

You will receive **IV sedation.** You **MUST have an adult escort** (family member or friend) who stays in the hospital during your procedure and drives you home. Public transportation alone (bus, taxi, rideshare without a companion) is not allowed. **Your procedure will be cancelled if your escort is not present.**

Most patients are discharged 3 to 4 hours after arrival. Do not wear nail polish, body lotion, or oils. Remove all jewelry and body piercings before arrival.

Check-In Location

Check in at the **kiosk in front of the Oral Surgery Clinic (2nd floor, main lobby).** Then proceed to the **Endoscopy / ICU waiting area** and have a seat until called.

Medication Instructions

Blood thinners / antiplatelets (e.g., Coumadin/warfarin, Eliquis/apixaban, Xarelto/rivaroxaban, Plavix/clopidogrel, aspirin): your prescribing provider will give you specific stop dates. Most are stopped **2 to 7 days** before the procedure.

Blood pressure, seizure, or other essential medications: take with a sip of water at least **3 hours before** your arrival time.

HOLD ALL GLP-1 RECEPTOR AGONISTS — 7 DAYS BEFORE PROCEDURE

Stop these medications at least 7 days before your procedure to reduce the risk of aspiration during sedation. This includes any GLP-1 medication — even if it was **not** prescribed at CRDAMC (for example, Ro, Hims, Hers, Henry Meds, or other online or compounded sources). Common GLP-1 medications include: **Ozempic, Wegovy, Rybelsus** (semaglutide); **Mounjaro, Zepbound** (tirzepatide); **Trulicity** (dulaglutide); **Victoza, Saxenda** (liraglutide). If you are unsure whether a medication you take is a GLP-1, call the Endoscopy Nurse at (254) 553-6547.

If you have diabetes

Oral diabetes pills	DO NOT take on the day of your procedure.
Regular insulin (R)	DO NOT take on the day of your procedure.
Long-acting insulin (NPH)	Take half of your prescribed dose on the morning of your procedure.
Lantus, Humalog, 70/30, or other	Contact your prescribing physician for individualized instructions.

Pre-Procedure Pregnancy Test

Required for women under 55 years old. Stop by the lab and submit a urine specimen **within 72 hours** of your procedure. The order is already in your chart.

Not required if you have had a hysterectomy, bilateral oophorectomy, or have been in menopause (no menstrual cycle for 12 consecutive months).

If you think you may be pregnant, please tell the nurse **before** the procedure starts.

7 Days Before Your Procedure

Stop the following **7 days before** your procedure:

- Iron pills and multivitamins containing iron
- Fiber supplements (Metamucil, Citrucel, Perdiem, etc.)
- Vitamin E
- Anti-diarrheal medications (Imodium, Pepto-Bismol, Kaopectate)
- Nuts, seeds, corn, popcorn, quinoa, and high-fiber foods



LAST SOLID FOOD — READ CAREFULLY

Eat your last solid meal by midnight, two nights before your procedure.

Example: If your colonoscopy is on **Thursday**, your last solid food must be eaten before **midnight on Tuesday night**. All day **Wednesday** is **clear liquids only** while you complete your MoviPrep.

Day of procedure: nothing by mouth (no food, water, gum, candy, or mints) starting **2 hours before your arrival time**.

Clear Liquid Diet — Day Before Procedure

Your colon must be empty and the fluid must look like clear urine (yellow / clear) for the doctor to see properly. **A poor prep can force us to reschedule your procedure.**

ALLOWED — Clear Liquids	DO NOT consume
<ul style="list-style-type: none">• Water• Clear broth (beef, chicken, vegetable)• Apple juice, white grape juice• Lemonade (no pulp)• Tang, Kool-Aid (no red or purple)• Sodas (no red or purple)• Coffee or tea (no cream or milk)• Plain gelatin (no fruit, no red/purple)• Popsicles, Italian ice (no fruit, no red/purple)• Sports drinks (Gatorade, Powerade — no red/purple)• Salt, pepper, sugar are fine	<ul style="list-style-type: none">• Anything red or purple• Milk or non-dairy creamer• Cream, milkshakes• Tomato juice, orange juice, grapefruit juice• Juice with pulp• Cream-based or chunky soups• Oatmeal, cream of wheat• Solid food of any kind• Alcohol

Bowel Prep — MoviPrep (Split Dose)

Pick up your **MoviPrep** prescription from the pharmacy. The kit contains **2 packages** (each with one Pouch A and one Pouch B) and a mixing container. You will use **all 4 pouches**.

How to Mix Each Dose

Empty **1 Pouch A and 1 Pouch B** into the mixing container. Add lukewarm water (or any clear liquid you prefer) up to the top fill line. Mix until dissolved. The solution may be refrigerated. Use within 24 hours.

DOSE 1 — Day Before Procedure | Start 5:00 PM to 6:00 PM

1. Mix Dose 1 as described above.
2. **Every 15 minutes, drink down to the next mark** on the container until the full liter is finished. Complete the entire liter within **1 hour**.
3. Bowel movements usually start within 1 to 2 hours.
4. Drink an additional **16 oz of clear liquid** after finishing the prep.
5. Mix Dose 2 now and refrigerate it for tomorrow morning.
6. After bowel movements start, sip at least **1/2 cup of clear liquid after each one** to stay hydrated.

DOSE 2 — Day of Procedure | Start 4 HOURS Before Your Arrival Time

1. Drink Dose 2 the same way: **down to the next mark every 15 minutes**, complete the full liter within 1 hour.
2. Drink another **16 oz of clear liquid** after finishing.
3. Take any approved morning medications with a small sip of water.
4. **Stop ALL liquids 2 hours before your arrival time.** Nothing by mouth after that — not even water, gum, or mints.

If You Vomit During the Prep

Stop drinking the prep solution for 20 to 30 minutes, then resume slowly. If vomiting continues and you cannot keep fluids down, call the Endoscopy Unit during clinic hours, or report to the Emergency Room after hours and on weekends.