

Colonoscopy Preparation Instructions

IMPORTANT: Carefully read the entire packet now

*TO RESCHEDULE CALL
619-532-9737/7581*

Appointment Date: _____
Arrival Time: _____
Scheduler name: _____

Check in location:
Gastroenterology Clinic
Building 2, 3rd Deck
Phone: 619-532-9737/7581

Doctor's Name: _____

Instructional videos and other information can be found on-line:

<http://tiny.cc/NMCSDGastro> (case sensitive!)

OR

Scan with your phone (using QC code scanner app)



1. **Obtaining your preparation kit.** Moviprep® will be provided to you in the clinic. Read all directions carefully.
2. **Transportation:**
 - a. If arriving by car: You will need to have a licensed driver to drive you home.
 - b. If arriving by taxis or car service: You will need a responsible adult to escort you.

Your Procedure will be CANCELLED if you do not have your escort with you

3. Watch a video which explains how to prepare for your colonoscopy. Type this URL into your internet browser:
4. Review medication instruction sheet for any additional instructions.
5. **If you have chronic constipation, take opioid medications or have failed a bowel preparation in the past, you are at risk for a poor preparation.** We recommend this extended bowel preparation:
 - a. Two (2) days before your procedure: **follow a clear liquid diet**



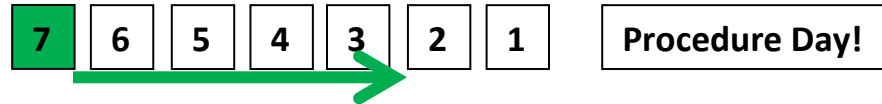
Your HEALTH is our MISSION

Clinic contact number: 619-532-8983

6. **Day of procedure check-in:** On the day of procedure at the Arrival Time listed above you must check in at the front desk of the **Gastroenterology Clinic, located in Building 2, 3rd Deck**. You need to allow time for traffic and parking.

Preparing for your Colonoscopy

Starting Seven (7) days before your procedure date:



RESTRICTIONS

Medications: **STOP** NSAIDs: Ibuprofen (Motrin®, Advil®), Naproxen (Aleve®, Naprosyn®) and other similar medications, Iron, fish oil, Vitamin E

Diet: **NO** seeds, nuts, popcorn or extra fiber

Medications: **Continue** prescription medications (especially Aspirin, blood pressure and/or heart medications)

Continue Acetaminophen (Tylenol®)

Diet: **Eat** meat, fish, tofu, white bread, white rice, noodles, yogurt, fruits and vegetables (remove skin and seeds), pasta, eggs, cheese and dairy products

Two (2) days before your colonoscopy:

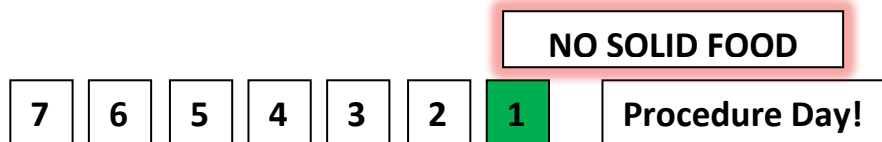


RESTRICTIONS

DIET: **NO** green vegetables or fresh fruits

Diet: **Eat** meat, fish, tofu, white bread, white rice, yogurt, pasta, eggs cheese and dairy products
Drink at least 8 glasses (8 oz each) of liquids a day

One (1) day before your colonoscopy:



RESTRICTIONS

DIET: **NO SOLID** foods

NO dairy products

NO Alcohol

NO RED or **PURPLE** colored Juices, popsicles

Prepare Your MoviPrep® at 0830: See the Attached MoviPrep® Instructions

Medications: Unless otherwise instructed by your physician:

DO NOT TAKE oral diabetes medications or insulin

Continue prescription medications (including Aspirin), and Tylenol®


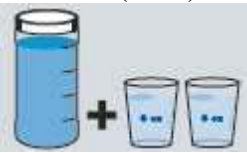
Diet: Today **Drink at least 8 glasses** (8 oz each) of **WATER** or other **CLEAR** liquids including:

- Juices: apple, white grape, white cranberry, lemonade
- Broth: chicken, beef or vegetable
- Soda: Any clear soda (NO cola-colored soda)
- Black coffee, tea, popsicles, gelatin, sports drinks – **NO RED** or **PURPLE**-colored drinks


Your HEALTH is our MISSION

MoviPrep© Bowel Preparation Instructions

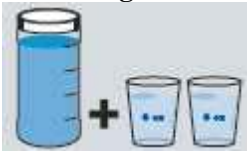
The Day Before The Exam

Time	Instruction
Morning 0830 	<ul style="list-style-type: none"> • Empty 1 pouch A and 1 pouch B into the disposable container. • Add lukewarm water to the top line of the container • Mix well to completely dissolve all contents and chill in the refrigerator • The solution should be used within 24 hours.
1800 (6PM) 	<ul style="list-style-type: none"> • The MoviPrep container is divided by 4 marks • Every 15 minutes, drink the solution down to the next mark until the container is empty • You may start going to the bathroom before finishing, but be sure to drink ALL of the solution. • Drink another 2 glasses (8 oz each) of water or clear liquids. <i>The prep will work better, you will feel better, and avoiding dehydration makes it easier to start your IV</i>



<p>1900 (7PM)</p> 	<ul style="list-style-type: none"> • Prepare the second container of Moviprep • Empty 1 pouch A and 1 pouch B into the disposable container • Add lukewarm water to the top line of the container. • Mix well to completely dissolve all contents and chill in the refrigerator.
---	--

The Day Of The Exam

<p>6 Hours before leaving home</p> 	<ul style="list-style-type: none"> • The Moviprep container is divided by 4 marks • Every 15 minutes, drink the solution down to the next mark until the container is empty • You may start going to the bathroom before finishing, but be sure to drink ALL of the solution. • Drink another 2 glasses (8 oz each) of water or clear liquids. <i>The prep will work better, you will feel better, and avoiding dehydration makes it easier to start your IV</i> <p>Stop drinking all fluids 3 hours before your procedure -unless directed to take meds with sips of water)</p>
--	--

