

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**



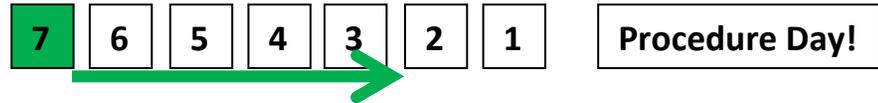
Your HEALTH is our MISSION

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

NO SOLID FOOD

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®

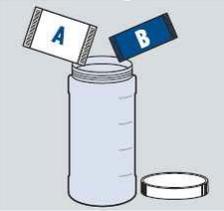
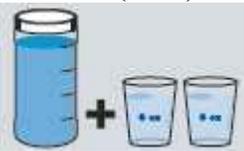
Diet: Today **Drink at least 8 glasses** (8 oz each) of **WATER** or other **CLEAR** liquids including:

- 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

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MoviPrep© Bowel Preparation Instructions

The Day Before The Exam

Time	Instruction
<p data-bbox="149 618 327 646">Morning 0830</p> 	<ul data-bbox="447 654 1562 821" 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.
<p data-bbox="163 862 312 889">1800 (6PM)</p> 	<ul data-bbox="447 870 1934 1078" 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>



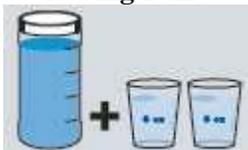
1900 (7PM)



- 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

6 Hours before
leaving home



- 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. ***The prep will work better, you will feel better, and avoiding dehydration makes it easier to start your IV***

Stop drinking all fluids 3 hours before your procedure -unless directed to take meds with sips of water)



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