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## Colonoscopy Bowel Preparation MoviPrep Preparation

**NAME: «Pt\_Full\_Name»**

Your colonoscopy is scheduled on «Appt\_Date» with «Appt\_Prov\_Full\_Name».

Please arrive at: \_\_\_\_\_ AM / PM to the Kalamazoo Endo Center. (map and instructions enclosed)

If you have any questions or must cancel, please call our office at 269-349-2266 during the hours of 8:00am to 5:00pm.

**YOU MUST BE ACCOMPANIED BY A RESPONSIBLE ADULT TO DRIVE YOU HOME UPON DISCHARGE.**

### About the Colonoscopy

Bowel preparation (cleansing) is needed to perform an effective colonoscopy. Any stool remaining in the colon can hide lesions and result in the need to repeat the colonoscopy. You should plan on being at the facility for 1 ½ - 2 hours. **It is critical that you follow these written instructions as directed not the instructions on the prep box.**

The physician will discuss your procedure and results with you when you are in the recovery room. Every effort will be made to keep your appointment at the scheduled time, however with outpatient or ambulatory procedures, unexpected delays and emergencies may occur and your wait time may be prolonged. We give each patient the attention needed for his or her procedure.

### What to bring:

1. The completed enclosed forms (if you did not mail them back ahead of time).
2. The first and last name of all doctors you want to receive a copy of your procedure report.
3. Someone to drive you home. Sedation is usually given during your procedure. **If you have not arranged for someone to drive you home, your procedure may be cancelled.** The person responsible for you is asked to stay in the waiting room the entire time of your stay. If they cannot, the driver must come into the center and receive pick up times from the registration clerk. You will not be able to drive, operate machinery, make important decisions or return to work for the rest of the day. You may resume normal activities the next day unless the doctor states otherwise.
4. A copy of relevant medical records from your referring physician.
5. **Your Photo ID & insurance card(s).** If your insurance has changed since your appointment was scheduled, please contact us immediately. Many insurance carriers (not Medicare) and managed care organizations require preauthorization for precertification. To obtain coverage for these procedures, we recommend you contact your insurance company. The phone number is usually on the back of your insurance card. If you need assistance, please call our KEC coordinator at 269-488-3685.

## What to wear

Wear comfortable, loose fitting clothing that is easy to step into. Wear flat shoes or tennis shoes. Do not wear jewelry or bring valuables.

**Please bring a list of present medications and drug allergies.**

## Medications

1. **Insulin** – Reduce the AM dosage by ½ the morning of the procedure.
2. **Oral Diabetic medication** – Take ½ the night before the procedure, and none the morning of the procedure.
3. **Coumadin** – Stop 5 days before the procedure. **Please contact our office for instructions 269-349-2266.**
4. **Plavix or Pletal** – Stop 7 days before the procedure. **Please contact our office for instructions 269-349-2266.**
5. **Anti-inflammatories** – DO NOT take the day of the procedure.
6. **Iron Supplement** – Stop 5 days before the procedure.

**The clear liquids listed below are allowed during the preparation  
(consume nothing with red dye)**

Coffee (no cream)	White Cranberry or grape Juice	Jell-O	7-UP	Boullion / Clear Broth
Tea	Apple Juice	Popsicles	Ginger Ale	Cola products
Gatorade	Orange Juice (no pulp)	Tang	White Grape Juice	Hi-C

**\*\*\*\*Remember to purchase 2 Dulcolax laxative tablets from your pharmacy when you pick up your Moviprep prescription.\*\*\*\***

## PREP INSTRUCTIONS FOR YOUR COLONOSCOPY - MOVIPREP

5 days before your colonoscopy	2 days before your colonoscopy	The day before your colonoscopy	The day of your colonoscopy
<p><b>Read <u>all</u> prep instructions.</b></p> <p><b>Please stop eating all indigestible foods such as corn, seeds and popcorn at least 5 days prior to your procedure.</b></p>	<p>Take 2 Dulcolax tablets around <b>9:00 PM</b></p>	<p><b>NO SOLID FOOD</b> <b>NO ALCOHOL</b></p>	<p><b>NO SOLID FOOD</b> <b>NO ALCOHOL</b> You may take your morning medications</p>
		<p><b>PLENTY OF CLEAR LIQUIDS ALL DAY (see list on previous page)</b></p> <p><b>5:00 pm</b> Empty one Pouch A, and one Pouch B into the disposable container. Add lukewarm drinking water to the top of line of the container. Mix to dissolve. If preferred, mix solution ahead of time and refrigerate. The reconstituted solution should be used within 24 hours. The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approx. 8 ounces), until the full liter is complete. Drink 16 ounces of the clear liquid of your choice. You are encouraged to drink clear liquids until you go to bed.</p> <p><b>Set aside second pouches for next dose.</b></p>	<p><b>4 hours prior to leaving for your appointment</b> Empty one Pouch A, and one Pouch B into the disposable container. Add lukewarm water to the top line of the container. Mix to dissolve. <b>If preferred, mix solution ahead of time and refrigerate. The reconstituted solution should be used within 24 hours.</b> The MoviPrep container is divided into 4 marks. Every 15 minutes, drink the solution down to the next mark (approx. 8 ounces), until the full liter is complete. Drink 16 ounces of the clear liquid of your choice.</p> <p><b>Have nothing to drink for 3 hours before your appointment.</b></p>
<p>Obtain bowel prep instructions from your pharmacy + 2 Dulcolax laxative tablets over the counter. MoviPrep is available by prescription only.</p>		<p>You may apply a petroleum based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.</p>	<p>After the procedure you may eat your usual diet unless otherwise instructed. Drink 8 ounces of liquid at least 4 times after the procedure and before retiring for the night</p>