

Colonoscopy Preparations – MoviPrep



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Digestive Disease Center

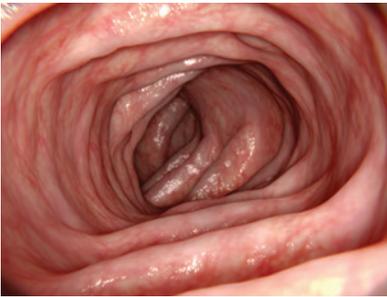
A colonoscopy is a procedure in which a doctor inserts a thin tube equipped with a camera into the anus and then guides it inside the colon. During this procedure, the doctor will see images from inside of the colon on a monitor. He or she will then expand the colon to view its lining more clearly. Also, the doctor may use tiny tools inserted through the tube to remove tissue samples or polyps.

Colonoscopies are commonly used to evaluate gastrointestinal symptoms such as rectal and intestinal bleeding or changes in bowel habits. Also, they are often performed to screen for colorectal polyps or cancer in people who may not have symptoms.

A screening colonoscopy is recommended for:

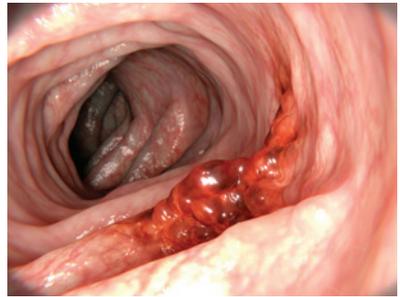
- ‡ Most people starting at age 50
- ‡ African Americans starting at age 45
- ‡ People who have family histories of colon cancer or polyps at younger ages

Healthy Colon



The colon is a muscular tube. It absorbs water and nutrients from the body's waste, creates stool and pushes stool into the rectum.

Unhealthy Colon



COLONOSCOPY PROCEDURE INSTRUCTIONS

General Guidelines

- ‡ Your bowel must be empty for your doctor to clearly view the colon. So, it is important that you follow all of the instructions in this brochure *exactly* as they are written.
- ‡ For your safety and to better ensure optimal viewing of the colon, your colonoscopy will be *cancelled* if you do not follow all of these instructions.
- ‡ Do not eat any solid food the *entire* day before and of your colonoscopy.
- ‡ Do not mix the solution until the day before your colonoscopy.

Post-Procedure Arrangements

Please arrange to have a family member or friend available to take you home after the colonoscopy. Since you will be sedated during this procedure, a *responsible driver must accompany you home*.

Prescribed Medications

You may need to stop or adjust some of your usual medications prior to the colonoscopy. You must request medication adjustments from the doctor(s) who prescribed them. Some of these medications may include:

Blood Thinners

- ‡ Agrylin (Anagrelide)
- ‡ Coumadin (Warfarin)
- ‡ Effient (Prasugrel)
- ‡ Eliquis (Apixaban)
- ‡ Plavix (Clopidogrel)
- ‡ Pradaxa (Dabigatran)
- ‡ Ticlid (Ticlopidine HCL)
- ‡ Xarelto (Rivaroxaban)

Insulin or Diabetes Pills

- ‡ Follow the instructions given by your doctor(s) regarding diet as well as insulin and diabetes pill use during your bowel preparation.
- ‡ Bring your diabetes medicine(s) with you on the day of your procedure.

Aspirin

- ‡ If you use aspirin, *take it and all other prescribed medications* on the day of your procedure with a sip of water.

Bowel Cleansing Process

Three to Five Days Before Your Colonoscopy

Do not eat high fiber foods.

- ‡ Popcorn
- ‡ Beans
- ‡ Seeds (flax, sunflower, quinoa, etc.)
- ‡ Multigrain breads
- ‡ Nuts
- ‡ Salad
- ‡ Vegetables
- ‡ Fresh fruit
- ‡ Dried fruit

One Day Before Your Colonoscopy

Drink only clear liquids the *entire day* before your colonoscopy.

- ‡ Water
- ‡ Apple juice
- ‡ Grape juice
- ‡ Broth
- ‡ Coffee or tea without milk or creamer
- ‡ Clear carbonated beverages (e.g. ginger ale, lemon-lime soda, etc.)
- ‡ Gatorade® or other sports drinks not red in color
- ‡ Kool-Aid® or other flavored drinks not red in color

Eat only non-solid foods.

- ‡ Plain jello or other gelatins not red in color
- ‡ Popsicles not red in color

Drink at least eight ounces of clear liquids every hour after waking up.

Do not drink alcohol the day before and of the procedure.

Bowel Preparation Mixture

- ‡ Follow all of the instructions on the label.
- ‡ The MoviPrep carton contains pouches and a disposable container for mixing.
- ‡ Do not mix this solution earlier than 24 hours before use.
- ‡ Do not add ice, sugar or any flavorings to the mixture.
- ‡ Do not take more than the recommended dose for your safety.
- ‡ After mixing, place the solution in the refrigerator for a couple of hours before drinking.

Appointment Preparation Steps

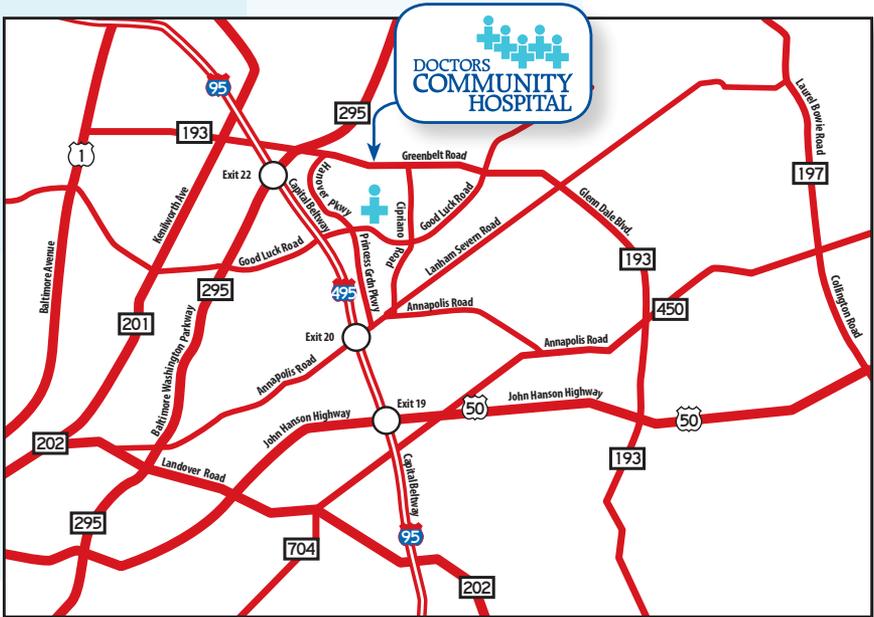
Step 1 – Evening Before Your Colonoscopy

- ‡ Drink the MoviPrep mixture starting at 6 p.m. the evening before your colonoscopy.
- ‡ Drink eight ounces of the mixture every 15 minutes for a total of four servings.
- ‡ Drink an eight-ounce glass of clear liquids every 15 minutes thereafter for a total of two servings.

Step 2 – Thirty Minutes Later

- ‡ Drink eight ounces of MoviPrep mixture every 15 minutes for a total of four servings.
- ‡ Drink an eight-ounce glass of clear liquids every 15 minutes thereafter for a total of two servings.
- ‡ Continue to only drink clear liquids until midnight.

If you take aspirin, *take it and all other prescribed medicines* with a sip of water on the day of your colonoscopy.



If you have any questions or need to reschedule your appointment, please call us at 240-965-4413.

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