SUMMIT MEDICAL GROUP

Joseph A. Belladonna M.D• J.Scott Gillin, M.D. •Adam Barrison, M.D.

Preparation Instructions for Colonoscopy/ MOVIPREP-Evening Before Regimen
UNLESS OTHERWISE INSTRUCTED BY STAFF
Please read 2 weeks prior to the Procedure

Bowel Preparation: DO NOT FOLLOW INSTRUCTIONS ON MOVIPREP CONTAINER.

The bowel must be clean so that the physician can clearly view the colon. It is very important that you read and follow all of the instructions given to you for your bowel preparation well in advance of the procedure. Without proper preparation, the colonoscopy will not be successful and the test may have to be repeated.

Effects of Bowel Preparation:

These solutions will cause you to have repeated loose stools (diarrhea), which is the expected result. These solutions typically work within 30 minutes but may take as long as 3 hours to have an effect. During the preparation process you are advised to have a bathroom nearby. Bloating (a feeling of fullness in your stomach), nausea, and occasional vomiting may occur. Do not be alarmed. If you feel nauseated or vomit while taking the bowel preparation, wait 30 minutes before drinking more fluid and start with small sips of solution. Some activity (such as walking) may help decrease the nausea you are feeling. If the nausea persists, please contact our office.

Medication Restrictions:

- **STOP COUMADIN (WARFARIN) _4 days before procedure on _(***contact your Cardiologist/PMD for instructions.)**
- **STOP PLAVIX, TICLID, AGRYLIN _____ days before procedure on _____.**
- **STOP ALL Aspirin and Aspirin type products (Motrin, Ibuprofen, Fish Oil, Aleve, NSAIDS, over the counter arthritis medications), Iron, Vitamin E, Ginko Biloba and any supplement that may thin your blood 7-10 days before your procedure on _____.**
- **Tylenol is ok**

Four (4) Days Before Procedure:

- **Avoid Skins (fruit and vegetable), Nuts, and Seeds**
- **Avoid red colored juices, jello and red wine**

One (1) Day before Procedure:

- 8:00 a.m. Mix the solution and put in refrigerator so that it may be cold when taken in the evening. This may make it easier to drink.
- You may eat a light breakfast and lunch such as yogurt, toast, soup, eggs, or cereal.
- **AFTER 12 NOON, you may only have clear liquids. No solid foods (see below)**
- **DIABETIC PATIENTS: Stop all ORAL Diabetes Medicines on _____.Contact your Physician for instructions on taking your Insulin.**
- **At ____5_____ p.m. drink the first liter of Moviprep within one hour (8 oz glass every 15 minutes) then drink 16 oz of clear fluid.**
- **After the first liter is finished, mix the solution (Instructions on back) again and refrigerate.**
- **At ____9____ p.m. drink the second liter of Moviprep within one hour 8 oz glass every 15 minutes) then drink 16 oz. of clear fluid.**

DO NOT CONSUME ANY CLEAR LIQUIDS AFTER MIDNIGHT

Clear Liquids: Water, broth, bouillon, apple juice, white grape juice, white cranberry juice, Jell-O (yellow or green), Coffee & Tea without milk or creamer, Sports drink, Gatorade, Kool-Aid (NOT RED) Italian Ice (NOT RED). NO ALCOHOLIC beverages the day before nor the day of your colonoscopy.

The Day of Procedure:

- **The morning of the examination you should take any necessary medicines (heart, blood pressure, and seizure) with sips of water at least 4 hours before procedure, unless instructed otherwise by your physician.**

Transportation: Due to possible lingering effects from the sedation you cannot drive for the remainder of the day following your procedure, and therefore, you must have a ride home. For your own safety you will not be discharged unless a responsible adult, over the age of 18, is present to either drive you home or accompany you in a taxi or public transportation.