

Colonoscopy Preparation

Northeast Digestive Health Center
704-783-1840

Split Dose Movi Preparation

Please read Page 2 before beginning your preparation

Day before your examination- Date 05/03/2018:

Eat a LIGHT breakfast. Do not eat more than you usually have any other morning.

Begin a clear liquid diet after breakfast (see page 2 for a suggestion list).

Mix MoviPrep by emptying one Pouch A and one Pouch B into the disposable container. Add water to the top line of the container. Agitate to dissolve.

Beginning at 6:00pm, you will start drinking the prep. The container is divided by 4 marks. Every 15 minutes drink solution down to the next mark (approximately 8 oz.) until the full liter is gone.

After you finish the full liter, drink 16 oz. of any clear liquid of your choice.



Inside this issue:

What's A Clear Liquid Diet?	2
Hints and Tips to Make Your Prep Easier	2
Medication Guidelines	2
Colonoscopy FAQ's	3

Day of your examination- Date 05/04/2018 :

Mix MoviPrep by emptying one Pouch A and one Pouch B into the disposable container. Add water to the top line of the container. Agitate to dissolve.

Beginning at 6:00am, you will start drinking the prep. The container is divided by 4 marks. Every 15 minutes drink solution down to the next mark (approximately 8 oz.) until the full liter is gone.

After you finish the full liter, drink 16 oz. of any clear liquid of your choice.

You are scheduled with Dr. ALDOUS at OFFICE.

Your procedure time is 1PM am/pm.

Please arrive at 12PM am/pm.

**If your procedure is scheduled at Gateway Surgery Center please call 704-920-7049 one business day prior to your procedure for your arrival time.

You may have clear liquids up to 2 hrs prior to your procedure. ONCE YOU ARE WITHIN THE 2 HOUR WINDOW **NOTHING including gum, mints and hard candy MAY BE CONSUMED BY MOUTH!**

Do not drive, work, operate machinery, or make important decisions the rest of the day.

Special points of interest:

- You **MUST** have a driver bring you to the procedure, **remain on the premises throughout the procedure** and drive you home. Failure to do so will result in postponement or cancellation of your procedure.

Medication Guidelines

The morning of your procedure you may take medications for:

- High blood pressure
- Heart conditions
- Asthma/ Lung conditions
- Seizures
- Thyroid conditions

If you are **diabetic**, the **day of your preparation** you may take any oral diabetes medications as you normally do. If you take insulin, please take your regular AM insulin dose and ½ dose of any PM insulin. **The morning of your procedure you should hold all diabetes medications.**

If you are on **any blood thinners**, please see the chart below for how long to hold your medication prior to your procedure:

Coumadin or Plavix	5 days
Effient	7 days
Pradaxa, Xarelto or Eliquis	2 days

****Please take these with just a small sip of water****

Hold **Iron** for 3 days prior to your procedure. This does **not** include Multivitamins with Iron.

You **do not** have to hold **Aspirin**.

Gentlemen- Please hold erectile dysfunction medications for 3 days prior to your procedure.

Dietary Guidelines

Beginning **3 days** prior to your procedure you should avoid foods that are difficult to digest, this is called a low residue diet. Examples of foods to avoid include fiber cereal, popcorn, raw vegetables, fresh fruit, nuts and seeds.

You do not **begin** the clear liquid diet until the preparation day.

Examples of Allowable Clear Liquids

Water (the original clear liquid)

Crystal Light or Kool Aid

Chicken or Beef Broth (canned or bouillon) **NO NOODLES or RICE**

Apple, White Cranberry, or White Grape Juice.

Clear or Yellow Soft Drinks (Sprite, Sundrop, Ginger Ale, Mountain Dew, Sierra Mist)

Popsicles and Italian Ice (no

yogurt or ice cream)

Jello- flavor suggestions: peach, lemon, lime, watermelon, white grape

Gatorade or Powerade –these are excellent replacement fluids.

Hard candy and lollipops

NO milk, creamed soups, crackers, tea or coffee while you are on this diet

Please avoid all RED, PURPLE and BLUE colored clear liquids!

Hints and Tips to Make your Colonoscopy Easier

Wear loose, comfortable clothing that is easy to get into and out of to the procedure. You may want to wear or bring socks.

Use Baby wipes during the preparation-pat, don't wipe.

Use A&D Ointment or a similar product (no Vaseline) to reduce irritation of the anal area during the preparation.

Drinking through a straw can help with the taste of the preparation and you can get it down faster!

Ladies- Colonoscopy can be performed during your menstrual cycle. Please bring your supplies. Tampons are acceptable.

Northeast Digestive Health
Center
1070 Vinehaven Dr.
Concord, NC 28025

Please remember, it is very important that these instructions be closely followed in order for your procedure to be as safe and thorough as possible. Inadequate preparation can result in a difficult and possibly incomplete examination.

If you have any questions about your upcoming Colonoscopy or these preparation instructions please call 704-783-1840.

www.northeastdigestive.com

Colonoscopy FAQ

I can't find Gatorade Rain. What else can I use? Any *light colored* Gatorade is OK to use.

Why can't I have anything red, purple or blue?

The dyes used in food to produce these colors do not always get absorbed by the body and the residue can look like blood in your colon.

Some of the laxatives in the preparation are available over the counter. Do I have to fill the prescription?

We do not mind if you obtain the Dulcolax and/or Magnesium Citrate off the shelf. However, the Miralax used for the preparation is a different strength than the off the shelf version (255 mg vs. 238mg). Trilyte, Movi Prep and Suprep are by prescription only.

I can't have *any* solid food after breakfast? No. If your colon is not adequately cleaned out it will impair our ability to perform a complete examination and possibly result in the need for a repeat colonoscopy.

What if I cannot tolerate the preparation? Please call the office ASAP. If it is before 5pm, the office staff can help you with alternatives. If it is after 5pm, the on call physician is available to assist you.

Why does my driver have to stay the entire time I am at the facility? For your safety. Your judgment is impaired due to the sedation and you cannot make sound decisions during or after your procedure.

How long does it take? The colonoscopy itself takes less than 30 minutes but plan on being at the facility about 2 to 2 ½ hours from arrival to discharge.

Does the procedure hurt? Most people don't even remember their procedure! If you experience any discomfort it is usually cramping (like gas pain).

When do I get the results of my test? The physician will speak with you and your driver after the procedure. Biopsy results are usually available in 5-7 days. You will be notified by phone or at your follow up visit of these results.

