

COLONOSCOPY INSTRUCTIONS –TWO DAY PREP

<p>Date of Procedure:</p> <p>Physician:</p>	<p>Two weeks before:</p> <p>Please call your primary care physician to discuss holding blood thinners such as Coumadin, Plavix, Effient, Lovenox, Pradaxa, or Aggrenox. These will have to be held prior to the procedure. You may need special instructions if you take insulin or other diabetic medications.</p> <p>The endoscopy suite will call you 10 business days prior to your procedure date to inform you of your arrival time. If you don't confirm your arrival time within 48 hours of receiving it, you will be rescheduled. Questions may be directed to (603)580-7892.</p>	
<p>7 days before</p> <ul style="list-style-type: none"> ▪ Stop taking iron supplements and multivitamins. ▪ Stop taking NSAIDS such as Motrin, Ibuprofen, Aleve, Naproxen, and Meloxicam. ▪ You may continue to take your daily aspirin. ▪ Pick up your bowel prep, as well as one 10 oz bottle of magnesium citrate and one box Dulcolax tablets at the pharmacy. The MoviPrep will include a container with 4 packets of powder mix. Do not add any water until the day before your colonoscopy. ▪ Read this entire instruction sheet and all included materials. DO NOT use the instructions provided on the MoviPrep box. 	<p>5 days before</p> <ul style="list-style-type: none"> ▪ If you use our patient portal to check upcoming appointments please disregard this information for your procedure in our endoscopy suite and follow the instructions above. ▪ Confirm your ride home. You MUST have a ride home as you will be receiving sedation (NO TAXIS). Please inform your escort that the visit will take 2 ½ - 3 hours. <p>2 days before</p> <ul style="list-style-type: none"> ▪ No solid food ▪ No dairy ▪ No juice with pulp ▪ No alcoholic beverages ▪ Nothing red in color <p>ONLY clear liquids allowed: Apple juice, white grape juice, ginger ale, clear broth/ bouillon, water, coffee/tea without milk, clear carbonated beverages, Jell-O, popsicles.</p> <p>To stay hydrated, drink at least 8 glasses of clear liquid.</p>  <p>Mark off each time you drink an 8 OZ. glass</p> <p>6pm: Drink 1 bottle magnesium citrate</p>	<p>Day before</p> <p>No solid food ▪ No dairy ▪ No juice with pulp ▪ No alcoholic beverages ▪ Nothing red in color ONLY clear liquids allowed</p> <p>To stay hydrated, drink at least 8 glasses of clear liquid in addition to the bowel prep.</p>  <p>Mark off each time you drink an 8 OZ. glass</p> <ul style="list-style-type: none"> ▪ Early in the morning mix the MoviPrep: Fill the container with lukewarm water, empty 1 pouch of A and 1 pouch of B into the container, shake well until powder is dissolved and refrigerate to chill. See helpful tips below... ▪ 12pm: Take 2 ducolax laxative tablets with 8oz clear beverage of your choice ▪ Starting at 6:00 pm drink one 8 OZ. glass of MoviPrep preparation every 15-20 minutes until the container is consumed. If you get nauseated, stop for 30 minutes to 1 hour, then start again at a slower pace. You will begin to have loose stools 1-2 hours after you start drinking the MoviPrep.  <p>Mark off each time you drink an 8 OZ. glass</p> <p>★ If you are unable to finish your prep or have not had a bowel movement two hours after drinking the evening dose, call the hospital at 603.778.7311 as soon as possible and ask for the GI nurse.</p>
<p>Day of procedure</p> <ul style="list-style-type: none"> ▪ 4 hours prior to procedure drink the second dose of MoviPrep (the second packet of A&B). Drink one 8 OZ. glass every 15 minutes until gone.  <p>Mark off each time you drink an 8 OZ. glass</p> <ul style="list-style-type: none"> ▪ Stop drinking all liquids 3 hours before you are due to arrive at the hospital. ▪ Please take your morning medications with a sip of water. ▪ If you wear contacts, you'll be asked to remove them prior to the procedure. 		

Please check with your insurance carrier regarding your coverage of this procedure, a pre-authorization may be required.

If you are unable to make your appointment please call 603.580.7892 Core Gastroenterology requires 72 hours notice for cancellations.



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Helpful tips... Drinking the MoviPrep cold and adding a Crystal Light flavor packet (not red) can improve the taste. Drink with a straw.

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