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Colonoscopy Instruction Sheet MoviPrep

You are scheduled to have an examination of your entire colon (large bowel). The examination is called a colonoscopy. The purpose of a colonoscopy is to identify, and on occasion treat abnormalities of the colon. Frequently, a colonoscopy is performed to identify and remove polyps from the colon before they undergo cancerous degeneration.

Procedure

A colonoscopy is performed with the patient lying on his or her left side. After a rectal examination and lubrication of the anal area is performed, a thin, flexible tube called a colon scope is passed into the rectum and advanced to the area where the small bowel joins the colon. Occasional discomfort occurs during the examination due to the stretching of the colon as the instrument is advanced and the need to inflate the colon with air to accomplish the examination. If polyps are identified during the procedure, and if it is technically possible to remove them, they will be removed. Likewise, biopsies (small pieces of colon tissue) may be obtained during the procedure for microscopic examination to assist with diagnosis. A colonoscopy requires 15 to 60 minutes to complete.

Because many people are apprehensive about having a colonoscopy and because the procedure is associated with some discomfort, the physician will administer a small dose of sedative medication intravenously (in the vein) for sedation and pain control. The medication will produce relaxation and relieve pain. In the case of an allergy to the medication, others will be considered.

A colonoscopy is a safe procedure; however, it is not risk free. On rare occasion complications do occur, as with any procedure. Complications take the form of reaction to the medications given for the procedure, bleeding, infection, and perforation in the areas through which the colon scope passes. If you have any questions concerning procedure risk, you should discuss them with Dr. Anees prior to the procedure.

In preparation for your procedure, you have been given a prescription for **MOVIPREP** to take to your pharmacy. Please fill the prescription **as soon as possible**. If the pharmacy doesn't have it, they should be able to order it for the next day. Also **purchase 2 Bisacodyl tablets** at the pharmacy.

If you have kidney disease, check with your doctor before taking this laxative or call the center where your colonoscopy will be performed.

**PLEASE READ THESE INSTRUCTIONS FRONT & BACK SEVERAL DAYS BEFORE
YOUR SCHEDULED PROCEDURE**

SEVEN DAYS PRIOR TO THE EXAMINATION: Stop taking pills containing iron, aspirin, and anti-inflammatory medication (Motrin, Advil, Nuprin, ibuprofen, Naprosyn, Feldene, and Clinoril).

If you are taking Coumadin (warfarin) take your last dose ____ days prior to the procedure.

If you are on Plavix or Ticlid take your last dose ____ days prior to the procedure.

DAY PRIOR TO YOUR EXAMINATION:

▶ You may have **ONLY** clear liquids during the day before your colonoscopy. Example: water, black coffee, tea, apple juice, Jell-O, broth. **Do not drink any red colored liquids.**

▶ **At approximately 4:00 PM take 2 Bisacodyl tablets with 8 ounces of clear liquid.**

▶ **At approximately 7:00 PM:**

▶ **Mix the *MoviPrep* by:** emptying 1 **Pouch A** and 1 **Pouch B** into the disposable container.

▶ Add lukewarm water to the top line of the container. Mix to dissolve. You may chill with ice.

▶ **Drink 8 oz every 15 minutes until the 1 liter container is empty.** You may find that drinking the solution is easier with a straw and drinking the entire 8 oz in each attempt.

▶ **Drink at least an additional FOUR 8 oz glasses of clear liquids throughout the remainder of the evening.**

▶ **Reminder: Remain close to toilet facilities.**

DAY OF TESTING:

▶ Three hours prior to your scheduled examination time, begin your second dosing regimen.

▶ **Mix the 2nd liter of *MoviPrep* solution by:** Emptying 1 **Pouch A** and 1 **Pouch B** in to the container.

▶ Add lukewarm water to the top line of the container. Mix to dissolve. You may chill with ice.

▶ **Drink 8 oz every 15 minutes until the 1 liter container is empty.** You may find that drinking the solution is easier with a straw and drinking the entire 8 oz in each attempt.

▶ **Please finish the solution in approximately 1 hour and then do not consume any additional fluids prior to your procedure time.**

▶ **After finishing the last dose do not eat or drink until after your colonoscopy.**

▶ You may need to stop for a bathroom break before reaching the hospital if you are driving a long distance.

Please note: Do not drink any liquids 2 hours prior to your scheduled colonoscopy.

- If you take diabetic medications, hold all oral diabetic medications and take only one-half of your insulin dose.
- If you take medications for your HEART, BLOOD PRESSURE, or a SEIZURE disorder, take them one hour after completing the prep with a SIP of water.
- Please bring a list of all medications, insurance card (s), and photo ID with your to your procedure

DATE OF APPOINTMENT _____

TIME OF APPOINTMENT _____

Please be sure to arrive _____ minutes prior to procedure

If you are unable to keep your appointment or wish to change the date, as a courtesy to other patients, we ask that you call (660) 263-2400 and inform us **THREE DAYS in advance.**

QUESTIONS or PROBLEMS: If you have questions or problems during office hours call (660) 263-2400 and after hours, please call (660) 263-8400 and ask them to contact Dr. Anees