PREPARATION INSTRUCTIONS FOR COLONOSCOPY

Arrival Time: ________________________

Patient:

Procedure Date: Time:

You have been scheduled for a Colonoscopy. This is an examination of your large intestine (colon). A long flexible tube (colonoscopy) will be inserted into your rectum and passed through your colon. Your colon will be examined in detail. Additional procedures may be performed such as taking tissue samples (biopsies) and removing polyps.

Please read all the instructions ahead of time so you can be prepared for this procedure.

For questions regarding your appointment or preparation, please call (907) 569-1333.

To ensure your comfort, IV sedation will be given for this exam (to make you relaxed). You must have a responsible companion, family member, or friend, 18 years of age or older escort you to the endoscopy suite, be present at the time of your discharge, drive you home, and stay with you for several hours after your procedure. You may not go home alone in a taxi, shuttle van, or bus, as these drivers will not be responsible for you. You may not drive until the next day. If your escort does not accompany you to the unit, or your escort/driver cannot be contacted, your procedure unfortunately will be rescheduled.

Call your Insurance Plan to ensure they will cover your procedure and ask if preauthorization is needed. Please note there will be separate fees for the Physician, Facility, Pathology and/or Laboratory.

You will need to Pre-Register with the facility where your procedure is scheduled:

_____ Alaska Digestive Center (ADC) - 563-1750 _____ I have received ADC Bill of Rights
_____ Providence Day Surgery - 212-3149
_____ Alaska Regional Day Surgery - 264-1952

SPECIAL MEDICATION INSTRUCTIONS

We recommend you make the following medication changes prior to your procedure:

- Minimize or avoid seeds and grains beginning 5 days prior to your procedure.
- Blood-thinning medications (such as Coumadin, Pradaxa, Plavix, Aggrenox and Lovenox) may need to be discontinued prior to your procedure.
- Take your last dose on ____________________________.
- Do not take iron pills for 7 days prior to your procedure.
- Continue taking your other prescribed medications (e.g. blood pressure pills) as usual.
- Type II Diabetic patients - If you take an oral hypoglycemic (“sugar pill”), do not take it the day of your procedure. If you are taking insulin, you should only take half (1/2) of your usual scheduled insulin dose the night before and nothing the morning of the procedure.
- Type I Diabetic patients – Your doctor will give you detailed instructions
MoviPrep Instructions

You will need to drink a laxative solution (called MoviPrep) to clean your colon. You must complete the entire prep to ensure the most effective cleansing. You will purchase one MoviPrep kit from your pharmacist using the prescription from your doctor. **It is important that you eat only clear liquids the day BEFORE and the day OF your colonoscopy.**

**At Least Two days prior to colonoscopy:** Fill your prescription for MoviPrep at your pharmacy.

**One day prior to colonoscopy:** No solid food - Clear liquids only for breakfast, lunch & dinner.

**That Morning:** Prepare your MoviPrep solution
1. Empty pouch A and pouch B into the disposable containers
2. Add lukewarm water to the top line of the containers. Mix well and then refrigerate.

**That Evening:** Begin your prep at ________.
3. The MoviPrep container is divided by four marks. Every 15 minutes, drink the solution down to the next mark (approx. 8 ounces), until the full liter is complete.
4. Drink 16 ounces of the clear liquid of your choice. You may start going to the bathroom after only a couple of glasses, but be sure to drink ALL of the solution.
5. Continue drinking clear liquids until bedtime. Prepare the second container of MoviPrep and refrigerate for tomorrow mornings dose.

**Day of your procedure:** At ____________, repeat steps 3 and 4.

No more liquids after_________ until procedure is over.

**CLEAR LIQUID DIET LIST:**

**Beverages:** Soft drinks such as ginger ale, cola, root beer, Sprite, 7-Up, Gatorade, Kool-Aid.
Fruit juices without pulp such as apple, white grape, white cranberry juice, Crystal Light.
Water, tea or coffee (no milk or non-dairy creamer) sugar or artificial sweeteners

**Soups:** Chicken, vegetable or beef bouillon/broth

**Desserts:** Hard candies any color. Jell-O such as lemon, lime or peach; no added fruits or toppings.
Popsicle that are green, yellow, brown or clear (no sherbet, ice cream or fudge bars).
Do not eat or drink anything colored red, orange, blue or purple. Minimize or avoid seeds, nuts, grain or granola for 5 days prior. *** Diabetics may have any of the above in sugar free***

I have been informed of the Pre-Procedure and Preparation Instructions outlined above for my COLONOSCOPY Procedure on ___________ at ________AM/PM and understand them completely.

Patients initials __________ Dated ______________