

## ◆COLONOSCOPY INSTRUCTIONS◆

USING MOVIPREP BOWEL PREP

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**Procedure Date:** \_\_\_\_\_

**Arrival Time:** \_\_\_\_\_

(Ready for pick up about 2 hrs after your arrival time)

### **Location:**

- South Coast Medical Center, 31872 PCH, Laguna Beach (949) 499-1311. Check in at the admitting desk at your arrival time.
- Digestive Diseases Center (next to Saddleback Hospital), 24411 Health Center Dr., Su 450, Laguna Hills (949) 586-9386

### **2 Weeks Prior to Your Colonoscopy:**

- Contact your primary physician if you are taking **Coumadin, Warfarin, Plavix, Ticlid, or Agrylin**. These medications will need to be discontinued for your safety during the colonoscopy, but only under your primary physician's guidance.
- Diabetics: Contact your primary physician if you are taking **Insulin**. You may need to have your insulin adjusted the day before and the day of the procedure. You may skip your Metformin or oral diabetic meds in the morning of your procedure until after the procedures.
- Arrange transportation. You will be given sedation and therefore will be unable to drive yourself home. If you are having your procedure at South Coast Hospital and are in need of transportation, you can call 949-499-7182 for free transportation. They require at least 2 weeks advance notice.

### **1 Week Prior to Your Colonoscopy:**

- Take your prescription for Moviprep to the pharmacy- be sure to have it filled about a week before your procedure to insure that the pharmacy will be able to fill it.
- Buy clear liquids (see below)
- Stop taking bulk-forming agents (such as Metamucil or Citrucel)
- Stop taking Aspirin, Anti-inflammatory medications (such as Motrin, Advil, Naprosyn, Ibuprofen, Anaprox, Indocin, etc.), Coumadin or Warfarin, Plavix, Ticlid or Agrylin

### **3 Days Prior to Your Colonoscopy:**

- Do not eat popcorn, seeds, nuts, multigrain bread, or high fiber foods

### **The Day Before the Procedure:**

- Do not eat solid foods**
- Drink clear liquids all day; **avoid red-colored drinks and red Jell-O**. Clear liquids include:
  1. Water
  2. Fruit juices, such as apple or white grape juice
  3. Broth
  4. Coffee or tea (without milk or creamer)
  5. Gatorade or other sports drinks
  6. Carbonated beverages such as ginger ale, Mountain Dew, or lemon-lime soda
  7. Lemon, or lime Jell-O
  8. Popsicles

**The Night Before:**

- Follow the instructions on the Moviprep handout given to you

**The Morning of (3 hours prior to leaving your house):**

- Follow the instructions on the Moviprep handout given to you

**After Your Procedure:**

You will stay in the recovery room for observation until ready for discharge. You may feel some cramping or a sensation of having gas, but this usually passes quickly. An adult will need to drive you home. Alcohol consumption should be avoided for 24 hours following the procedure.

*If a biopsy was taken:*

Avoid taking aspirin, products containing aspirin, or anti-inflammatory drugs for two weeks after the procedure to reduce the risk of bleeding (take Tylenol or acetaminophen if needed). You may notice light rectal bleeding for one to two days after the procedure. Large amounts of bleeding or the passing of clots should be reported to us immediately. You will be given a copy of your procedure report before you leave. We will send you the results in 1-2 weeks after the procedure. We will call you immediately if there are any urgent results.