



MoviPrep Colonoscopy Instructions SPLIT DOSE INSTRUCTIONS Moderate Sedation

LOCATION: SurgiCenter, First Floor, 701 E. El Camino Real, Mountain View, CA 94040

If you must cancel or reschedule your procedure appointment, please notify us at least two weeks in advance with the following information: Your name, date of birth, medical record number and the date of your procedure.

- **Call 650-934-7579 to cancel or reschedule your appointment.**
- **Call 650-934-7575 to speak to a GI nurse during weekdays about the preparation or the procedure.**
- **After hours, call the GI doctor on call at (650)-934-7575 and wait for the operator to answer.**

Please read these instructions carefully at least one week before your colonoscopy:

DO NOT FOLLOW THE INSTRUCTIONS ON THE PACKAGE INSERT AS THEY MAY BE SLIGHTLY DIFFERENT—ONLY FOLLOW THE INSTRUCTIONS LISTED BELOW.

A prescription for MoviPrep will be called into your pharmacy.

Medication and Diet Instructions

Seven days before the procedure:

1. **Continue** taking aspirin, unless instructed otherwise by the Gastroenterology Department team or your primary care doctor.
2. **STOP** any herbal supplements, fish oil, vitamin E and iron.
3. **STOP** taking Motrin, Aleve, Advil, Ibuprofen, Naprosyn and Excedrin. Tylenol is OK.
4. Let your gastroenterology doctor or nurse practitioner know if you are taking Coumadin, Heparin, Plavix, Aggrenox, Ticlid or Pletal.
5. If you have diabetes, follow the instructions supplied by the Gastroenterology Department team.
6. Continue to take blood pressure and Cardiac medications with sips of water even on the day of your procedure.

One day before your procedure:

Do not eat solid foods. You will be on a clear liquid diet only for the entire day before your procedure. Clear liquids allowed include:

- **Juices:** apple, white grape and white cranberry and lemonade
- **Broth:** chicken, beef or vegetable
- **Soda:** 7Up, Coke, Pepsi and Sprite
- **Other:** black coffee, Gatorade (no red), jello (no red) popsicles, tea and water

NO DAIRY PRODUCTS ARE ALLOWED

Bowel preparation starts at 5 p.m. the night before the exam:

- **Mix the MoviPrep solution (one packet of A and one packet of B) with water in the provided 1-liter container.**
- **The container is divided by four marks. Every 15 minutes, drink the solution down to the next mark, until everything is fully consumed.**
- **Then make sure you drink an additional 16 to 32 ounces of clear liquids to keep yourself well hydrated.**

To make the taste of MoviPrep palatable you may chill it, add lemonade-flavored Crystal Light, suck on a lemon or lime wedge or combine all of these suggestions.

Apply petroleum jelly or diaper rash ointment around the anal opening before starting the preparation and after each bowel movement to minimize irritation from repeated bowel movements.

Day of procedure:

- **Five hours before your exam:** Follow the same instructions that you did at 5 p.m. the night before the exam. **PLEASE DRINK PLENTY OF CLEAR FLUIDS TO PREVENT DEHYDRATION.**
- **Three hours before your exam:** Stop drinking all liquids.

DO NOT CHEW GUM, EAT CANDY, MINTS OR CHEW TOBACCO.

General Information:

1. Your body loses significant amounts of fluid during the bowel preparation. To prevent dehydration make sure you supplement that fluid loss. Drink as much as you can the day before and the day after your procedure.
2. You must arrive at the SurgiCenter **one hour** before the scheduled appointment. Your entire time at the SurgiCenter will be about two hours. **Your ride should not leave the SurgiCenter waiting area.**
3. You are **not** permitted to take a taxi or public transportation home after the procedure. A friend or relative will need to drive you home. Someone will need to be with you for at least two hours after the exam in case there are any effects from the sedation or the procedure. Roadrunner Transportation Services are available through El Camino Hospital (650-940-7016).
4. After the procedure, do not participate in any activity that requires judgment or coordination. You may return to regular activities the day after the procedure.
5. If any specimens are obtained, the results are usually available within seven business days. The doctor who performed your procedure will let you know the results by mail, phone or at a follow-up appointment.
6. There is a very small risk of serious bleeding for up to two weeks after a polyp is removed. We recommend that you do not travel during this time. Speak to your GI doctor if you are planning to travel internationally. We advise that you have access to medical care within two hours for two weeks after a polyp is removed.
7. Please fill out the **health questionnaire** as accurately as possible and bring it with you on the day of the procedure.

What to Expect on the Day of the Procedure

Before your procedure, a nurse will ask you questions to ensure that you fully understand the procedure and the reason for it. The nurse will also ask questions to ensure that you have prepared properly for the procedure and ask you to sign a consent form. The GI doctor will also review the procedure with you.

The nurse will start an intravenous line (insert a needle into a vein in the hand or arm) to administer medications. The intravenous line insertion feels like a pinprick, similar to having blood drawn. Your vital signs (blood pressure, heart rate and blood oxygen level) will be monitored before, during and after the examination.

The colonoscopy will be performed while you are lying on your left side. Medications to help you relax (sedative) and to ease any discomfort (narcotic) will be administered intravenously. Many people sleep during the procedure while others are very relaxed, comfortable and generally not aware of the examination.

After the Procedure: Plan to rest the remainder of the day.

Occasionally you may have some bloating, gas or mild cramping.

If you develop increasing abdominal pain, fever, chills or any bleeding:

- Call **650-934-7575** to speak to a GI nurse during weekdays.
- After hours, call the GI doctor on-call at **650-934-7575** and wait for the operator to answer.
- Go to Urgent Care or the Emergency Room.