



Please follow written instructions below, DO NOT FOLLOW INSTRUCTIONS

INSTRUCTIONS FOR COLONOSCOPY PREP

*** You will need to pick up the Prescription for MOVIPREP from your pharmacy and purchase Dulcolax laxative tablets 5mg (total of 10mg)**

PLEASE NOTIFY YOUR PHYSICIAN IF YOU CURRENTLY HAVE OR HAVE EVER HAD KIDNEY PROBLEMS

Colonoscopy: The visual examination of the large intestine (colon) using a lighted flexible fiber optic endoscope.

Note: Individual responses to laxatives do vary. This prep may cause multiple bowel movements. Often works within 30 minutes but may take as long as 3 hours. If you are unable to keep the prep down, please call your physician.

Consult with your Primary Care Physician if you are taking or have the following medical concerns:

Coumadin/Jantoven/warfarin: Stop it five (5) days before your colonoscopy if approved by your physician prescribing this medication. Do not take this medication on the day of your procedure. Ask your physician when to resume this medication
Plavix (clopidogrel)/Pradaxa/Pletal (cilostazol)/Effient and Eliquis; Stop it three (3) days before colonoscopy-only if approved by prescribing physician

Brilinta: Stop five (5) days before colonoscopy- only if approved by prescribing physician

Aggrenox: Stop three (3) days to five (5) days prior to colonoscopy- only if approved by prescribing physician

Xarelto/Savaysa: Stop 48 hours before colonoscopy- only if approved by prescribing physician

Iron pills: Stop for seven (7) days before colonoscopy

Dialysis Treatment: Alternate treatment may be used.

**Anti-Seizure Medication: Take at least 2 hours before the scheduled colonoscopy with a small sip of water.

**Blood Pressure/Heart Medication: Take your morning dose at least 2 hours before your colonoscopy with a small sip of water.

Insulin: You may need to adjust your insulin dosages. Please speak with your monitoring physician for further instructions. Ask your physician when to resume your insulin.

Inhalers: Please bring your "rescue" inhaler to your appointment, even if you have not needed to use it for some time.

Heart Valve Replacement/ Pacemaker with Internal Defibrillator

No tomatoes or corn 2 days prior to procedure

ONE DAY BEFORE COLONOSCOPY

If you have been holding your Coumadin/Jantoven/Warfarin you will need a PT/INR (lab test) taken 24 hours prior to exam if requested by physician. CLEAR LIQUIDS DIET ALL DAY – no milk or milk products

At 4 PM Take Dulcolax laxative –2 tablets (10mg) with a full glass (8oz) of water

At 6 PM mix Moviprep by: Emptying 1 Pouch A and 1 Pouch B into the disposable container. Add lukewarm drinking water to the top line of the container. Mix to Dissolve. May chill with a few ice cubes. Drink 8 oz every 15 minutes until 1-liter container is completed. You may find drinking the solution is easier with a straw and drinking the entire 8 oz in each attempt. Drink an additional two 8 ounce glasses of clear liquids over the next 1 hour.

At 8 PM mix the 2nd liter of Moviprep solution by following the same steps as you did at 6 PM

CLEAR LIQUIDS

Table with 3 columns: Water, Strained fruit juices without pulp, Broth or Bouillon, Jello – any flavor – no red jello, Clear sodas – 7up, Sprite, Ginger Ale, etc., Popsicles – no red or purple, Coffee or Tea without creamer, Ensure and Ensure plus (vanilla only), No red or purple liquids

DAY OF COLONOSCOPY

1. Nothing by mouth after midnight except approved medications listed above** with a sip of water. You may brush your teeth and rinse with water. NO GUM, MINTS OR LOZENGES. NO CHEWING TOBACCO

2. You will be medicated and you need to bring someone with you to drive you home.

3. Bring a current list of medications and colostomy supplies if applicable; if Menstruating please use a tampon if possible.

On the day of your procedure, report to the following unless otherwise instructed by your physician:

The Endoscopy Center of Topeka, 785.354.1254

2200 SW 6th Avenue, Suite 103

Topeka, KS 66606

Check-in Date: _____

Check-in Time: _____

KMC Gastroenterology, 785-354-8518

If you are unable to keep your appt, please notify the office within 48 hours prior to your scheduled procedure.