

# Procedure Instruction Sheet for

The Midwest Endoscopy Center, LLC

www.sgihealth.com

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## MOVIPREP

### About your colonoscopy . . .

Your doctor has ordered a colonoscopy, which is an examination of the entire large intestine (colon). This procedure takes about 20-30 minutes. A flexible tube (colonoscope) is passed into the rectum then gently advanced through the large intestine, examining the inner lining.

The preparation instructions for this examination are as follows:

| 10 days before your procedure  | 7 days before your procedure   | 5 days before your procedure   | The morning before your procedure   | The day before your procedure<br>Start at: <b>6:00 P.M.</b><br>And finish within 2 hour.  | After midnight prior to your procedure                                  | Start 6 hours prior to procedure and finish within 2 hour.  | The morning of your procedure  |
|--|--|--|---|---|---|---|--|
| Avoid any foods with <b>OLESTRA</b> (found in low fat snack foods)<br><br>Avoid popcorn, nuts or seeds | Purchase <b>MOVIPREP</b> , and <b>GLYCOLAX</b> from your local pharmacy<br><br>Mix one capful (17 grams) of Glycolax powder with water or juice and drink once in the morning and once before bedtime.<br><br><b>GLYCOLAX TWICE DAILY FOR 1 WEEK PRIOR TO YOUR PROCEDURE</b> | Contact a relative or friend to arrange for transportation from the clinic after your procedure.<br><br><b>BECAUSE YOU WILL BE SEDATED YOU MUST HAVE SOMEONE AVAILABLE TO TAKE YOU HOME YOU MAY NOT TAKE A TAXI HOME UNLESS YOU HAVE SOMEONE, OTHER THAN THE TAXI DRIVER, TO BE YOUR RESPONSIBLE ADULT</b> | <b>STAY ON CLEAR LIQUID DIET THE ENTIRE DAY</b><br><br>(See Clear liquid diet instructions)<br><br>Step 1:<br>Empty 1 Pouch A and 1 Pouch B into the disposable container<br><br>Add lukewarm drinking water to the top line of the container.<br><br>Mix to dissolve then Place in your Refrigerator to chill. | MoviPrep Container is divided by 4 marks.<br><br>Every 15 minutes drink solution down to the next mark. Until the full liter is complete.<br><br>While drinking the 1 <sup>st</sup> liter of moviprep Drink 16 oz of the clear liquid of your choice.<br><br>After finishing your prep please repeat step 1 and mix your 2 <sup>nd</sup> liter of prep and chill. | <b>PATIENTS MAY HAVE CLEAR LIQUIDS UP TO 4 HOURS PRIOR TO PROCEDURE</b> | Every 15 minutes drink the 2 <sup>nd</sup> liter of solution down to the next mark. Until the full liter is complete.<br><br>While drinking the 2 <sup>nd</sup> liter of moviprep Drink 16 oz of the clear liquid of your choice.<br><br><b>YOUR PREP MUST BE COMPLETED 4 HOURS PRIOR TO YOUR PROCEDURE</b> | <b>PATIENTS MAY HAVE CLEAR LIQUIDS UP TO 4 HOURS PRIOR TO PROCEDURE</b><br><br>Remember to wear comfortable clothing<br><br>Women please avoid high heels. |

**Clear liquids** means anything that is clear in consistency: color is not as important as consistency. Drink juices such as apple, white grape or white cranberry. **Avoid thick and pulpy juices.** Bouillon or clear broth is fine. You can have gelatin without fruit. Avoid red gelatin. Soda, coffee and tea are fine. **DO NOT drink milk or dairy products.**

**PLEASE SEE REVERSE SIDE**

# MIDWEST ENDOSCOPY CENTER, LLC

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If for any reason you are unable to complete your preparation of Moviprep, please call our office and the answering service will page the doctor on call for you.

**PATIENTS MAY HAVE CLEAR LIQUIDS UP TO 4 HOURS PRIOR TO PROCEDURE.**

## DAY OF EXAM

**IF YOU ARE TAKING BLOOD THINNERS SUCH AS COUMADIN OR THE EQUIVALENT, OR DIABETIC MEDICATIONS, PLEASE INFORM THE DOCTOR, AS YOU WILL NEED SPECIAL INSTRUCTIONS.**

- **If you are taking medicine for high blood pressure, asthma, or heart disease you will want to take these as usual with a sip of water. All medications must be taken 2 hours prior to your procedure.**
- All other medications must be reviewed with the doctor.
- Should you consume more than just a sip of water with your medications the day of your procedure there will be a possibility of your procedure being cancelled.
- If polyps are removed from your colon (or if biopsies are taken) you may be told not to perform strenuous physical activities for up to 2 weeks.
- If polyps are removed (or if biopsies are taken) you should not travel by airplane for 2 weeks. You should not travel overseas for 2 weeks.
- Please do not wear any facial make-up, moisturizers, body lotions or oils the day of your procedure.

Please call the office (630) 527-6450 if you have any questions regarding the instructions.

Please be aware not all preps have the same effect on everyone. Following the above instructions is not a guarantee that you will be properly prepared for your colonoscopy. There is a possibility that you will need to be rescheduled at a later date with additional instructions if your prep is inadequate.

**Your procedure time is not a guarantee.**

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ is scheduled for a Colonoscopy on:

Date: \_\_\_\_\_ Procedure Start Time: \_\_\_\_\_

**PLEASE ARRIVE 30 MINUTES PRIOR TO YOUR PROCEDURE START TIME. IF YOU ARRIVE EARLIER THAN 30 MINUTES PRIOR, YOU MAY BE WAITING LONGER.**

**Because you will be sedated, you will need a driver to bring you to and from your appointment. This driver MUST be with you at check in so we may verify you have a responsible adult bringing you home. We will be unable to go forward with your procedure if your driver is not with you at time of check in.**

Report to: MIDWEST ENDOSCOPY CENTER, LLC  
1243 Rickert Dr  
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Special Instructions: \_\_\_\_\_

Verbal Prep Instructions Discussed with Patient / Inst Given By: \_\_\_\_\_ Date: \_\_\_\_\_