

COLONOSCOPY PREPARATION

Name: _____
Date: _____
Arrival Time: _____ Procedure Time: _____
Location: _____ Central Coast Endoscopy Center
 _____ Sierra Vista Hospital

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THE WEEK BEFORE YOUR EXAM:

- **Stop Aspirin 5 days prior.**
NOTE: If you are taking aspirin because you have already experienced an event such as stroke or heart attack, you should discuss ASPIRIN use with Dr. Wetzel.
- If possible, **avoid anti-inflammatory medications (NSAIDS):** Ibuprofen (Advil, Motrin), Naproxen (Aleve), Excedrin, Celebrex, etc.
- If you take **Coumadin, Plavix, Pradaxa, Eliquis, Effient or any other anticoagulant “blood thinners”**, discuss this with Dr. Wetzel or your cardiologist.
- ** Acetaminophen (Tylenol) can be taken for pain **

THREE DAYS BEFORE YOUR EXAM:

- **STOP** taking **iron** supplements or Vitamins containing Iron
- **Avoid** foods that contain **seeds or nuts**. (popcorn, cucumbers, squash, tomatoes, breads w/seeds or nuts, etc.)
- **Avoid** foods with **Skins**. (tomatoes, green beans, corn, onions, etc.)
- You may wish to purchase **baby wipes** to use during the bowel preparation instead of toilet paper.
- **Make sure you have one 10 ounce bottle Magnesium Citrate laxative.** no prescription needed.
- Be sure you have **purchased Moviprep** from your pharmacy using the prescription faxed to _____

TWO DAYS BEFORE YOUR EXAM:

- Take half bottle Magnesium Citrate laxative anytime with 1-2 glasses of water. This will cause some diarrhea.

THE DAY BEFORE YOUR EXAM:

NO SOLID FOODS. CLEAR LIQUIDS ONLY. Think of this as a hydration or flushing day. Drink as much clear liquid as you comfortably can.

- You may want to mix the Moviprep ahead of time and refrigerate.
- “Clear liquids” (must be transparent) such as water, electrolyte drinks such as Gatorade or Vitamin Water, juice without pulp like white grape juice or apple juice, clear chicken or beef broth or bouillon, coconut water (not milk), coffee and tea (without milk or non-dairy creamer), popsicles, hard candies, Gummi Bears, Jell-O, Crystal Lite, Kool-Aid, sodas such as cola, Sprite or 7-Up.
***** Avoid red, purple, and orange colors *****
- Be sure you have confirmed your appointment with our office. **Call our office at 549-7843** between 9am-5pm (Monday through Friday).

At 3-6 PM (4-5 hours before bedtime) the **day before** your exam you need to take the **first liter of Moviprep:**

(you may add Crystal Lite or another SUGAR FREE or DIET lemon-lime flavored drink mix to the powdered Moviprep instead of water. It is also better when cold and a straw can be helpful.)

- Drink 8oz of the Moviprep every 15 minutes until you have consumed the entire liter.
- Drink at least **two 8oz glasses of water** after you finish the Moviprep.
- You may continue drinking clear liquids until 4 hours prior to your procedure

DO NOT TAKE BOTH DOSES IN THE EVENING as this does not work well

THE DAY OF YOUR EXAM:

4-5 hours prior to leaving the house for your procedure:

Take the second liter of Moviprep: Drink 8oz of the Moviprep every 15 minutes until you have consumed the entire liter. Drink at least **two 8oz glasses of water** after you finish the Moviprep.

- **Take blood pressure medications the morning of the exam. You will need to adjust diabetic medications to prevent low blood sugar. Discuss other nonessential medications and diabetic medications with Dr. Wetzel or Aimee Hoffman PA**
- **Stop drinking liquids including water and ice 4 hours prior to the start of the procedure** (after finishing Moviprep)
- **Arrive at your colonoscopy at the scheduled time above with someone (at least 16 years old) available to drive you home after the procedure!!!**