

## INSTRUCTIONS FOR COLONOSCOPY

**\*Pick up Prep Kit (MoviPrep) from your pharmacy within the next week.**

### **THE WEEK BEFORE YOUR COLONOSCOPY**

**Stop** taking all Aspirin or aspirin containing products, Iron or Multi-vitamins containing iron. Also stop taking any high residue products like Metamucil and Konsyl. If you are on any BLOOD THINNERS, tell your doctor because you will be asked to STOP taking this medication 4 or 5 days before your procedure. Avoid anti-inflammatory medications such as Naprosyn, Motrin, Feldene, Voltaren, Relafen, Advil or Vioxx.

### **THE DAY BEFORE YOUR COLONOSCOPY PREPORATORY INSTRUCTIONS**

You will be on clear liquids ALL DAY, ABSOLUTELY NO FOOD, from the time you get up and on.

You may have any of the following:

- Water
- Juice (apple, white grape)
- Clear broth or Bullion
- Jell-o (NO red or purple), popsicles
- Soft Drinks (soda)
- Gatorade, Kool-Aid
- Coffee Tea (No cream or milk)
- Lemonade, fruit flavored drinks

**\*AVOID ALL CLEAR LIQUIDS THAT ARE RED, PURPLE OR PULPY\***

**\*PREP KIT INSTRUCTIONS—PLEASE FOLLOW OUR INSTRUCTIONS BELOW (not what comes with the prep kit) AS FAR AS WHEN TO START EACH OF THE TWO DOSES\*\***

- Start the FIRST DOSE of solution anytime between Noon and 4 PM.
- Start the SECOND dose of solution 4 hours after completing the first dose.

### **THE DAY OF YOUR PROCEDURE**

The day of your procedure, you may have **NOTHING** to eat or drink **INCLUDING** water for 6 hours **BEFORE** your procedure. You may take your blood pressure medication the morning of the procedure with a small sip of water.

DATE: \_\_\_\_\_

\*TENTATIVE ARRIVAL TIME: \_\_\_\_\_ \*TENTATIVE PROCEDURE TIME: \_\_\_\_\_

***\*TIME IS SUBJECT TO CHANGE. FACILITY WILL CONFIRM TIME THE DAY BEFORE YOUR PROCEDURE.***

LOCATION:       Coastal Surgical Institute                       French Hospital

You **MUST** have someone to drive you home after the procedure is over. We also ask that you do not drive a car, or operate machinery until the morning after the procedure.

**PLEASE GIVE 48 HOURS NOTICE IF YOU NEED TO CANCEL OR RESCHEDULE YOUR APPOINTMENT. YOU MAY ALSO BE CHARGED FOR ADDITIONAL FACILITY CHARGES.**

Replenish your system by drinking clear liquids after returning home from your colonoscopy.