

San Diego Gastroenterology Medical Associates

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MoviPrep Colonoscopy Instructions

Your Procedure has been scheduled for: _____

Check in time: _____ Procedure time: _____

Please Register at:

- Scripps Mercy Hospital 4077 Fifth Avenue. (619) 260-7026
Check in at "Cardiology/Endoscopy Registration" on the 2nd floor (next to Surgery)

- San Diego Endoscopy Center 4033 Third Avenue, Ste. 106 (619) 497-2888

What to bring

- Insurance card, ID card and credit card or other form of payment if your insurance requires you to pay a copay.
- Completed forms (if applicable) for the endoscopy center.
- A list of all your prescription and over the counter medications.
- A responsible adult to take you home after the procedure.
- Warm socks for the procedure and flat shoes for after the procedure.
- Please avoid wearing contact lenses or bringing jewelry/ valuables.

One Week Before the Procedure

1. **STOP** using **iron**, herbals and any fish oil supplements. Preferably we also advise you to stop any non-steroidal anti-inflammatory medications like Ibuprofen, Motrin, Aleve, Naprosyn for 5 days prior to your procedure. Celebrex and Tylenol are ok.
2. If you are required to take aspirin daily by your physician for heart disease and/or stroke prevention, please continue to take it. Otherwise you may stop your aspirin for 5 days prior to the procedure.
3. If you take **Coumadin, Lovenox, Plavix, Effient** or any medication that thins your blood please contact the prescribing physician immediately for instructions. You may need to stop using these medications for 5-7 days before your procedure.
4. Please **AVOID seeds, nuts and popcorn** for the week before your procedure.
5. Fill your prescription of **Moviprep** from your pharmacy.

- Optional: Purchase 2 gas tablets, available over the counter (Gas-X or Mylanta Gas).
- Arrange a ride home from the procedure. You will receive intravenous sedation and will not be able to drive for 18 hours following this procedure.

The Day Before The Procedure

Starting when you awake the day before your procedure, eat no solid foods and drink clear fluids all day. . **Do not** drink anything red or purple, or any milk or dairy products.

Clear fluids include any of the following:		
Water	clear liquid broth/bouillon	white cranberry
Lemonade	coffee/tea without creamer	white grape juice
Ice popsicles	beer (one glass)	apple juice
Jell-o (no fruit)	Gatorade	white wine (one glass)

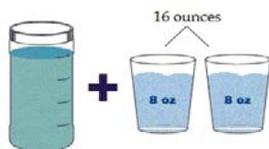
MoviPrep kit is a prescription laxative that is used to cleanse your colon for the colonoscopy. It contains 2 packages and a mixing container. Each package contains pouch A and pouch B. You must complete the entire prep to ensure the most effective cleansing.

It is important that you follow these physician instructions regarding consumption of clear liquids before your colonoscopy and NOT the kit instructions.

FIRST DOSE: Date: _____ Starting at 5 PM the evening before your procedure and proceed as shown below:



- Empty 1 pouch A and 1 pouch B into disposable container.
- Add lukewarm water to the top line of the container. Mix to dissolve. If you prefer, the solution can be refrigerated before drinking. The solution must be used within 24 hours.
- The MoviPrep container is divided by 4 marks. Every **15 minutes**, drink the solution down to the next mark (approx. 8 ounces), until the full liter is complete. You may start going to the bathroom after only a couple of glasses, but be sure to drink ALL of the solution.
- Drink an additional 16 ounces of the acceptable clear liquid of your choice. This is necessary step to ensure adequate hydration and an effective prep.

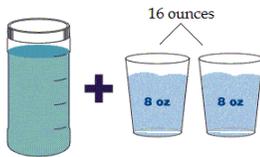


5. Optional: Take 2 Gas X tablets with a cup of water at 9pm, if needed.
6. Optional: Take 2 Gas X tablets with a cup of water at 10pm, if needed.

The Day Of Your Procedure

SECOND DOSE: Begin at _____ AM (4 hours before your procedure time)

1. Empty pouch A and pouch B into the disposable container. Add lukewarm drinking water to the top line of the container. Mix to dissolve. *If preferred, mix solution ahead of time and refrigerate.*
2. The MoviPrep container is divided by 4 marks. Every **15 minutes**, drink the solution down to the next mark (approx. 8 ounces), until the full liter is complete. You may start going to the bathroom after only a couple of glasses, but be sure to drink ALL of the solution.
3. Make an effort to drink additional clear liquids, ideally another 16 ounces, until 3 hours before your procedure. At that point, it is important that you do not consume anything else until after your colonoscopy procedure.



- You may apply a petroleum-based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.
- Do not take diabetes medicine until the procedure is over. Please see insulin instructions below.
- Take other medicines 3 hours before the procedure or after you get home.
- Do not drive for 18 hours after the procedure.
- After the procedure you may eat your usual diet unless otherwise instructed. Drink 8 ounces of liquid at least 6 times after the procedure and before retiring for the night.

Patient Checklist

IF YOU ARE AFFECTED BY ANY OF THE CONDITIONS LISTED ON THE NEXT PAGE, PLEASE FOLLOW THE INSTRUCTIONS PROVIDED.

Diabetes	<p>Check with your physician regarding your dose of insulin and other diabetic medications needed the day before and the day of your procedure. Typically, we recommend that you do not take your oral hypoglycemic or insulin before your procedure. Bring it with you to take after your procedure. Check your blood sugar frequently while taking the prep solution and the morning of your procedure.</p> <ul style="list-style-type: none"> • If you take insulin, please take ½ of your usual dose the day before and ½ of your usual dose the day of the procedure. • If you take diabetes pills, please do not take any the day before your procedure.
Hip or knee replacement in the past 6 months, vascular graft in the past year, coronary stent in the past 6 weeks	You may need antibiotics before your procedure. Please arrive two hours before your scheduled procedure time. Do not schedule your procedure before 8:00am. Please inform the nurse and your physician.
Aspirin	If you are taking aspirin PRESCRIBED by your MD please continue to take it. If you do not have a heart or blood vessel or clotting disorder, and you are taking aspirin on your own without a doctor's advice, please stop taking aspirin 5 days before your procedure.
Coumadin, Plavix, Heparin, Lovenox, Effient or other anticoagulants	<p>Ask the physician who prescribed your medicine how to take it before and after your procedure. If you cannot contact your physician, call us several days before your exam. If you take Coumadin, you may need a blood test two hours before your exam.</p> <p><u><i>Please do not assume that you can safely follow the same medication adjustments that have been made for your previous procedures.</i></u></p>

Important Reminders

- Please allow 2 hours or so for the procedure.
- The Physician's fee is separate from the facility fee. There may also be a pathology fee if biopsies are taken.
- Many insurance carriers and managed care organizations require preauthorization or precertification. *If you have specific questions about coverage for your upcoming procedure, please contact your insurance company.*
- As a courtesy we will make every attempt to obtain the authorization for these procedures, please make sure we have your correct insurance information.
- Please note: although your upcoming colonoscopy may be scheduled as a screening procedure, the physician may find and remove a polyp or perform a tissue biopsy. The procedure may then be considered diagnostic and may not qualify for coverage as a screening service by your insurance. Insurance company policies vary regarding these matters and we urge you to contact your insurance company to obtain their policy on these types of procedures.
- If you need to cancel or reschedule your procedure, we ask that you contact the office at (619)291-6064 as soon as possible. **You must cancel 7 working days in advance to avoid a cancellation fee.**