

Colonoscopy Instructions (**Teal** / 2-day Regular MOVIPREP)

If you have any questions or if you wish to cancel/reschedule your appointment, please call GI at 317-988-3818 or toll-free at 1-888-878-6889 Extension 83818.

Please follow these instructions. DO NOT use the instructions found in the bowel prep box.

Please read these instructions carefully. Following them is important to have a successful procedure.

Pre-Prep Check List:

- Have the bowel prep medicine
- Have my primary care physician's number to call – only if taking diabetes medicines, oral or insulin, or on prescribed blood thinners
- Schedule a driver to take you to the VA, stay until the procedure is done, then take you home – the procedure will take at least 4 hours
- Have items listed on the enclosed Low Residue Diet
- Stock up on clear liquids/sports drinks to drink the day before

10 days before your procedure

Call your primary care physician to find out how to take any diabetic, or blood thinning medications during your colonoscopy preparation

- Examples of Diabetes Medications include both Oral and or Insulin
- Examples of Blood Thinners include, but are not limited to Warfarin (Coumadin), Clopidogrel (Plavix), Enoxaparin (Lovenox), Prasugrel (Effient), Brilinta (Ticagrelor), Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Eliquis (Apixaban)

Continue to take your prescribed Aspirin

5 days before procedure

STOP Metamucil or Citrucel or other bulk forming fiber agents

STOP Iron supplements, including multivitamins with iron

STOP Fish oil

STOP Eating high fiber foods. No raw fruits and vegetables, beans, corn, popcorn, whole grain bread or cereals (see low residue diet provided)

STOP Red meats such as beef or pork. *You may eat chicken, turkey and fish are fine.*

The day before procedure you may only have clear liquids.

STOP Eating solid food of any type

STOP Eating milk products such yogurt, ice cream, etc.

STOP Eating or drinking anything red, blue or purple in color

STOP Drinking alcoholic beverages

2 days before procedure remember Clear liquid diet only

STOP Eating solid food of any type

STOP Eating milk products such as yogurt, ice cream, etc.

STOP Eating or drinking anything red, blue or purple in color

STOP Drinking alcoholic beverages

It is important to stay hydrated, so try and drink 8 ounces of a clear liquid every hour. Gatorade, fat free broth, colas, 7Up or Sprite, black coffee, tea, jello, apple or white grape juice.

Instructions to take the colon Prep

1. From 7:00 am to 5:00pm drink 8 ounces of a clear liquid every hour. (Gatorade, fat free broth, colas, 7Up or Sprite, black coffee, tea, jello, apple or white grape juice.
2. At 4:00 pm mix one pouch A & one pouch B of Moviprep from each box into 2 disposable containers with lukewarm water. Fill both containers to the top line and refrigerate
3. At 6:00 pm drink 8 ounces, which equals 1 mark on container every 15 minutes until solution is gone. Chew the 4 Simethicone tablets provided after you finish the prep solution.
4. 9:00pm drink 16 ounces of Gatorade or sports drink

The day before your procedure remember clear liquid diet only

Instructions to take the colon Prep

1. From 7:00 am to 5:00pm drink 8 ounces of a clear liquid every hour. (Gatorade, fat free broth, colas, 7Up or Sprite, black coffee, tea, jello, apple or white grape juice.
2. At 4:00 pm mix one of pouch A & one of pouch B of MOVIPREP in lukewarm water. Fill container to top line and refrigerate
3. At 6:00 pm drink 8 ounces, which equals 1 mark on container every 15 minutes until solution is gone. This should take about an hour
4. From 7:00 pm to 9:00pm drink 16 ounces of Gatorade or sports drink
5. At 10:00 pm mix the second of pouch A & pouch B of prep in container with lukewarm water to the top line of container and put in refrigerator.

The day of procedure remember clear liquids only

- **5** hours before appointment: Drink 8 ounces, 1-line mark on bottle, of MOVIPREP every 15 minutes until gone
- Chew the 4 Simethicone tablets provided after you finish the prep solution
- Drink 16 ounces of Gatorade or other sports drink

Do not drink anything else until after your procedure – you may take your essential morning medicines with only a sip of water no later than 2 hours before your procedure time

Do not chew gum or have any hard candy

Remember:

- Complete the prep 4 hours before appointment time

- *Take your prescribed blood pressure, heart and/or seizure medicines as usual - unless advised otherwise by your primary care doctor (with only a sip of water)*
- *Make sure your ride is available to take you to the facility and bring you back. Your driver must remain on hospital grounds during the entire time you are here*

