

Colonoscopy Preparation with MoviPrep® (2 Liters) and four (4) Dulcolax® tablets.

Date: _____ Patient Name: _____

You are scheduled for a Colonoscopy at North Coast Endoscopy, Suite 380, in the Lake Ambulatory Care

Center on _____ at _____ a.m./p.m. Please arrive at the office at _____ a.m./p.m.

Please let our office know at least 5 days in advance if you are regularly taking aspirin, blood thinners, or Coumadin. **DO NOT TAKE ANY OF THE FOLLOWING FOR FIVE (5) DAYS BEFORE THE PROCEDURE:** Aspirin, Motrin®, Ibuprofen®, Advil®, Aleve®, Excedrin or most arthritis medications. You **MAY** take Tylenol® if needed.

TWO DAYS BEFORE THE PROCEDURE

1. Take two (2) Dulcolax® tablets by mouth prior to going to bed that night.

THE DAY BEFORE THE PROCEDURE

From the time you wake up in the morning until 2:00p.m.:

1. **NO SOLID FOOD AND NOTHING WITH RED DYE.** The **ONLY** items you may have are black coffee, tea, orange juice with no pulp, apple juice, bouillon/broth, water, clear pop (Ginger Ale or Sprite), and any kind of jello or popsicles as long as they are **NOT** red. **AFTER 2:00p.m., ALL OF THE ABOVE ITEMS ARE OFF LIMITS EXCEPT FOR PLAIN WATER.**
2. **At 2:00p.m.,** Empty one (1) Pouch A and one (1) Pouch B into the disposable container enclosed. Add lukewarm drinking water to the top line of the container. Mix to dissolve (If preferred, mix solution ahead of time and refrigerate prior to drinking). The MoviPrep® container is divided by four marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 ounces), until the full liter is consumed. **DO NOT THROW OUT THE CONTAINER.**
3. **At 8:00p.m.,** Refill the same container by emptying one (1) Pouch A and one (1) 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 prior to drinking). The MoviPrep® container is divided by four marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 ounces), until the full liter is consumed.
4. Once you finish the entire preparation, wait two (2) hours and then take two (2) Dulcolax® tablets.
5. **NOTHING BY MOUTH AFTER MIDNIGHT UNTIL AFTER YOUR PROCEDURE TOMORROW.**

THE DAY OF THE PROCEDURE

From the time you wake up in the morning until after your procedure is over:

1. **NOTHING BY MOUTH UNTIL AFTER YOUR PROCEDURE.** (You may brush your teeth the morning of the procedure, but do not swallow water)
2. You must have a driver to take you home from the procedure. A friend/family member must sign you out and public transportation is **NOT** allowed (Ex: Laketran). You are not allowed to drive the entire day of your procedure. Your driver **MUST** return within **one** (1) hour of drop off in the office (#380).
3. Please arrive at the above specified time. You could possibly be here up to three (3) hours.

It is very important for you to keep your appointment on the scheduled date. Please cancel for true emergencies only. Thank you for your cooperation. Please call us between the hours of 9-5 if you have any questions. Thank you.