

# Colonoscopy Gastroenterology Procedure Unit

## Screening Saves Lives

Colorectal Cancer is the second leading cancer killer in the United States. If you are 45 or older or have a family history of cancer, getting a colorectal screening can save your life.

- Colorectal Cancer often starts from a non-cancerous growth called a polyp that is in the rectum or colon.
- A colonoscopy can find **polyps** so that they can be removed before they turn into cancer.
- A colonoscopy can also find colorectal cancer early when chances of being cured is good.



Colon Polyp

## Preparing For Your Exam: What to Bring

- A family member or friend (18 or older) to drive you home. You can take a cab, medical transport or bus only if a family member or friend is riding with you after your visit.
- All medications you are taking, even over the counter medications.
- Any vitamins and supplements you take
- Your insurance card

## Medications

Call your doctor for medication instructions at least **one week before** your exam if you:

- Take diabetes medication
- Have a heart valve replacement
- Take Plavix, Brilinta or Aggrenox, or any other antiplatelet medications
- Take Coumadin (Warfarin), Xarelto, Pradaxa, Eliquis, Savaysa or other blood thinning medications
- Continue taking Aspirin unless told not to

## MoviPrep Bowel Prep

### 7 Days Before Your Exam

- **Do not** eat any raw fruits or vegetables, quinoa, corn, seeds or nuts and no dairy.
- Eat lighter meals.
- Stop iron and fiber supplements.
- Plan for your ride home.

### 5 Days Before Your Exam

**Fill your bowel prep prescription and review these instructions.**

The colon must be cleared of all solid mater so that the doctor can see clearly.

**If your colon is not clean your exam may be cancelled.**



### 2 Days Before Your Exam

- **Do not** eat any raw fruits, raw vegetables, quinoa, corn, seeds or nuts and no dairy.
- Mix and refrigerate the MoviPrep Solution up to 24 hours before your drink it.

# Colonoscopy: Preparing for Your Exam

## Mixing the MoviPrep Solution

**Step 1:** Empty one pouch A and one pouch B into the 1 liter container.

**Step 2:** Add warm water to the powder and fill to the top line of the container. Mix until the powder is dissolved.

**Step 3:** Refrigerate MoviPrep Solution.



## The Day Before Your Exam

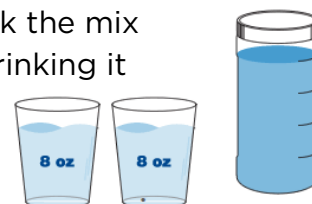
**Do not eat any solid food. Begin clear liquid diet in the morning.**

- **Examples of clear liquids are:** clear broth (chicken or beef), water, apple juice, Gatorade, popsicles and coffee or tea (no milk or creamer). You can have hard candy.
- Drink at least 8 glasses of water or clear liquid to stay hydrated.
- **Do not** have any carbonated drinks.
- **Do not** have any red, blue, orange or purple colored liquids.

## 6pm The Day Before Your Exam

**Do not eat any solid food. Start drinking bowel prep.**

- **Step 4:** The container is divided by 4 marks. Every 15 minutes drink the mix down to the next mark. Keep doing this until it is finished. Finish drinking it within 2 hours after you start.
- **Step 5:** Clean the container and mix MoviPrep Solution for tomorrow's second and final dose.
- **Step 6:** Drink 2 cups of any clear liquid



## Tips

- Drink the dose quickly.
- Rinse your mouth with water or mouthwash.
- Try drinking with a straw.
- Suck on hard candy.

## 5 Hours Before Your Exam

- You may have to wake up very early if your exam is in the morning.
- Take your doctor approved medication.
- You can take aspirin, blood pressure medication, prednisone or other steroids.
- **Repeat Steps 4, 5, 6 from above. Finish drinking it within 2 hours after you start.** Do not skip this step. It is important to get the cleanest colon for a successful exam.
- Your stool should be a clear yellow liquid.

## 2 Hours Before Your Exam

**Do not eat or drink anything or your exam may be cancelled.**

**Arrive for your exam at the time given to you by our healthcare team.**

**The time your exam starts may change.**

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