

# GASTROENTEROLOGY CONSULTANTS, PA

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<b><u>PLEASE ARRIVE AT THE OUTPATIENT DEPARTMENT OF:</u></b>	<input type="checkbox"/> <b>South Broward Endoscopy 11011 Sheridan St # 106 Cooper City, Fl 33026 954-435-0101</b>	<input type="checkbox"/> <b>Memorial Same Day Surgery East 4470 Sheridan St Hollywood, Fl 33021 954-962-3210</b>
<input type="checkbox"/> <b>Memorial Regional Hospital 3501 Johnson St Hollywood, Fl 33021 954-987-2000</b>	<input type="checkbox"/> <b>Memorial Hospital West 703 N. Flamingo Rd Pembroke Pines, Fl 33028 954-436-5000</b>	<input type="checkbox"/> <b>Memorial Same Day Surgery West 501 N. Flamingo Rd Pembroke Pines, Fl 33028 954-430-1700</b>

Date of Procedure: \_\_\_\_\_

Check in time: \_\_\_\_\_

Dr: \_\_\_\_\_ Medical Assistant: \_\_\_\_\_ Phone #: 954-961-8400 Ext. # \_\_\_\_\_

## **PREPARATION FOR COLONOSCOPY USING MOVIPREP**

**IMPORTANT:** Take all prescribed medication, up to and including the day before the procedure unless otherwise directed by the physician. If you are diabetic, speak with your doctor regarding taking your medicines.

If taking Plavix, Coumadin, Aggrenox, Pletal, Aspirin or Persantine, or any blood thinning medications, please discontinue / stop \_\_\_\_\_ days before the procedure.

**IMPORTANT:** Inform the doctor if you have heart problems, a defibrillator, pacemaker, heart valve replacement, or a heart murmur.

In order for the doctor to perform a colonoscopy, a bowel "cleanout" must be completed at home prior to the procedure. A bowel cleanout is a combination of a clear liquid diet and oral laxatives.

### **One Week Before Procedure**

The following oral preparation can be obtained at your local pharmacy with a prescription. You will need to purchase: **MOVI PREP**.

### **Five Days Before Procedure**

- Stop taking all products containing ibuprofen, aleve, naprosyn.
- Stop taking arthritis medication, vitamin E, Iron supplements, ginko, garlic pills, omega 3 fish oil,
- Flax seed and ginseng.

**You may take Tylenol if needed.**

### **Two Days Before Procedure**

- Do not eat any seeded foods (seeded fruits, breads, nuts, popcorn, or corn) for 2 days before the procedure.
- It is best to eat lightly for a few days before your exam. It makes the cleanout easier and more effective. **Try to avoid overeating.**

### **One Day Before Procedure**

- Eat a low fiber/residue breakfast (egg whites, toast, bagel, low fiber cereal, (no seeds) Do not eat raw vegetables, fruits, nuts, buttermilk, cheese, meat or whole grain breads or cereals.
- After breakfast, you must start a **clear liquid diet** ( see clear liquid diet instruction sheet )
- You may have a clear liquid diet up until **midnight** (12:00 am) **NOTHING RED, BLUE OR PURPLE IN COLOR.**
- Mix your prescription of MoviPrep. The MoviPrep carton contains 4 pouches and a disposable container for mixing.

### **Step 1**

Empty 1 pouch A and 1 pouch B into the disposable container. Fill with lukewarm drinking water to the top line in container. Mix well to dissolve. Refrigerate until ready to use. Only good for 24 hours then it must be discarded if not used.

At \_\_\_\_\_ am / pm:

Start drinking prepared mixture. The disposable container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz.), until the full liter is complete. It takes 1 hour to drink 1 liter.

### **Step 2**

Empty the second/last pouch A and the second/last pouch B into the disposable container. Fill with lukewarm drinking water to the top line in container. Mix well to dissolve. Refrigerate until ready to use. Only good for 24 hours then it must be discarded if not used

At \_\_\_\_\_ am / pm:

### **Step 3**

Start drinking prepared mixture. The disposable container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz.), until the full liter is complete. It takes 1 hour to drink 1 liter.

**You must complete the entire prep to ensure the most effective cleansing. Remain close to restrooms/toilet facilities. Be patient, there may be a delayed effect.**

A clear liquid diet can be continued up until 12:00 midnight.

- **Nothing to eat or drink after 12:00 midnight.**

### **The Day of the Procedure**

- **DO NOT EAT** breakfast. No food, drink, candy, gum, etc.
- **Please take all asthma medicines, inhalers, seizure medicines, heart and blood pressure medications with a small sip of water.**
- Do not take diabetic medications the morning of your procedure unless directed by your doctor. Bring them with you; also bring your inhalers if you have them.
- Bring a list of all of your medications. Include vitamins, herbal supplements and over the counter medications.
- Plan to arrive at your scheduled arrival time - which will be arranged for you, approximately one hour before your procedure.
- Some centers require you to bring a driver who can remain in the building the entire time you are here. The average visit is about two hours. **You cannot drive home, and you cannot take a taxi.**
- Arriving late or without a driver may require cancelling and rescheduling your procedure.
- **You will need chaperoned transportation.** If needed, transportation can be arranged by some of the endoscopy centers.
- Wear comfortable clothing and shoes that are easily removed. Leave jewelry and other valuables at home.
- Bring your insurance card and government issued photo I.D. such as a driver's license.
- Depending upon the requirements of the center where you are scheduled to have your procedure, you will be expected to pay all or a portion of any co-pays or deductibles at the time of service.