COLON CLEANSING INSTRUCTIONS WITH MOVIPREP

IMPORTANT: FOLLOW THESE INSTRUCTIONS ONLY
***NOT THE INSTRUCTIONS ON THE MOVIPREP BOX***

ON THE DAY BEFORE THE PROCEDURE

● DO NOT eat any solid food. Follow the 24 HOUR CLEAR LIQUID DIET (attached) for the whole day.
● DO NOT have any dairy products and juices with pulp such as orange or grapefruit juice.
● It is important that you drink as much clear liquid as you can today. This will help prevent dehydration from the bowel prep. It is very important to stay hydrated before your prep, during your prep and then after the procedure.
● MOVIPREP MIXING INSTRUCTIONS: Open the clear plastic packet inside the carton and remove one (1) Pouch A and one (1) Pouch B. Empty the Pouch A and the Pouch B into the plastic measuring container. Fill container with WATER up to the FILL LINE. Shake or stir until MoviPrep is completely dissolved. Refrigerate the Moviprep to improve taste.

(USE THE CIRCLES BELOW TO CHECK OFF EACH DOSE TAKEN)

● AT 5:00 PM drink 8oz of MoviPrep
● AT 5:15 PM drink 8oz of MoviPrep
● AT 5:30 PM drink 8oz of MoviPrep
● AT 5:45 PM drink 8oz of MoviPrep
● AT 6:00 PM drink 8oz of MoviPrep of your choice (from the list attached)
● AT 6:15 PM drink 8oz of MoviPrep

● Congratulations on completing your first dose (Total: 1 Liter)! Mix second dose of MoviPrep as above and refrigerate.

ON PROCEDURE DAY

● FIVE (5) hours prior to procedure, begin drinking remaining dose (1 Liter) of MoviPrep.
  ○ AT ___ AM drink 8oz of MoviPrep
  ○ AT ___ AM drink 8oz of MoviPrep
  ○ AT ___ AM drink 8oz of MoviPrep
  ○ AT ___ AM drink 8oz of MoviPrep
  ○ AT ___ AM drink 8oz of MoviPrep of your choice (from the list attached)
  ○ AT ___ AM drink 8oz of MoviPrep

● DO NOT take anything else by mouth.
● One (1) hour before exam arrive at your exam location and check-in at the counter
HOW TO PREPARE FOR COLONOSCOPY

Because this procedure requires your doctor to look directly at the lining of your intestine, it is very important that all fecal material be removed. Even small amounts of feces can prevent a clear view of the colon.

In order to achieve a reasonably clean colon it will be necessary for you to follow dietary and medication guidelines:

1. One week prior to your colonoscopy you must stop taking medications that contain aspirin, salicylates, ibuprofen (Advil), non-steroidal anti-inflammatory agents (Motrin/Naprosyn) and iron. It is very important for you to discontinue these medications because they may cause excessive bleeding during the procedure and/or give the appearance that you have blood in your stool.  
   *** Please try to avoid foods containing nuts or seeds 3 days prior to your procedure.***

2. Because you will be given sedation during your colonoscopy, it is hospital policy that you make arrangements to have someone take you home after the procedure. The procedure is 1 hour long. Allow 30 minutes to 1 hour after your test for recovery. We suggest that the person picking you up call the SF Endoscopy Center at (415) 345-0100 to find out the exact time you will be discharged.

3. If you normally take antibiotics prior to undergoing dental procedures, then you may need antibiotic prior to the colonoscopy. Be sure to notify your doctor or the secretary before scheduling procedure. In addition, if you are taking any anticoagulants (blood thinning medications) please inform us immediately. Take your normal medications the morning of your procedure unless instructed otherwise.
**Instruction for the 24 Hour Clear Liquid Diet**

1. The day before your scheduled procedure make sure you start a *clear liquid diet*, such as water, tea, broth, jell-O, 7-UP, gingerale, Gatorade or clear fruit juices as apple or cranberry juice (Note: No Red Jell-O). A clear liquid is one you can see through. **Do not eat breakfast, lunch, or dinner, the day prior to your procedure (substitute your meals with clear liquids).** It is very important that you follow these instructions so your procedure will not have to be rescheduled.

2. Follow the **COLON CLEANSING INSTRUCTIONS WITH MOVIPREP** on front page. Attached is a valid prescription to be filled at any local pharmacy. **It is important to double up on your liquid intake to avoid dehydration while taking the Moviprep.** You may continue to consume clear liquids until 3 hours before the time of your exam. **Please take nothing by mouth for 3 hours prior to your test, including water!**

3. Taking one liter of Moviprep the evening before your exam at 5:00PM and the second dose 5 hours prior to the exam gives the best prep results.

4. You must arrive one (1) hour prior to your scheduled procedure to pre-register at: **San Francisco Endoscopy Center at 3468 California street, San Francisco** (between Laurel street and Locust street)  
   *(Note: If you are going to be late, please call the SF Endoscopy Center at (415) 345-0100)*

*If you have any questions regarding the scheduled procedure, please do not hesitate to give us a call. We can be reached at:*  
   **Dr. Jane Melnick (assistant, Lori) - Phone: (415) 923-3577**  
   **Dr. Annette Kwon (assistant, Melissa) - Phone: (415) 923-6565**

Appointment Date: __________________________________________

Appointment Time: __________________________________________

Arrival Time: __________________________________________
*** IMPORTANT ***

Hospital policy requires that you make arrangements to have someone pick you up after procedure because you will be sedated. If you wish to take a TAXI home, please have a responsible adult accompany you when you are released.

If there is a problem with scheduling transportation home, below is a list of transport services contracted with California Pacific Medical Center. The cost for these private transport services vary. Please contact the service directly for proper arrangements for your procedure date.

**GWAT Medical Transportation**
Contact: Oleg Blokhin
Office: (415) 379-9972
Home: (415) 751-4647
Pager: (415) 210-1462

**MIKE TREACY**
Contact: Mike Treacy
Cell: (415) 246-2216
Pager: (415) 521-0032

**VITAL TRANSPORTATION**
Contact: Vitale
Office: (415) 753-2105
Cell: (415) 725-3847

**MEDICATIONS TO AVOID BEFORE YOUR COLONOSCOPY**

Iron Supplements
Multi-Vitamins containing Iron/Fe
Aspirin containing products: Alka-Seltzer, Anacin, Bayer, Bufferin, Ecotrin, Excedrin, Fiorinal, Norgesic, Percodan, Soma, etc.
Ibuprofen: Advil, Aleve, Midol, Motrin, Nuprin, Pamprin, Vicoprofen, etc.
Anti-inflammatory products:Celebrex, Lodine, Naprosyn, Vioxx, Voltaren, etc.
Blood Thinners: Coumadin, Plavix, etc.

*** If you have any questions, please contact your physician. ***

For more information, feel free to visit American Society for Gastrointestinal Endoscopy website. http://www.asge.org/PatientInfo/Index.aspx?id=7838&terms=understanding+colonoscopy