

## Getting Ready for your Colonoscopy

### Please read today!

Patient: \_\_\_\_\_

Dr. \_\_\_\_\_

Test Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Arrival Time: \_\_\_\_\_ am/pm

Procedure Time: \_\_\_\_\_ am/pm

\_\_\_\_ Michiana Endoscopy Center  
53830 Generations Drive\_\_\_\_ St. Joseph's Medical Center  
Main Entrance Registration\_\_\_\_ Memorial Hospital  
Patient Registration – Main Entrance

If you need to cancel or reschedule your test please call the office at 574-234-0049.

**Do this 7 days before your procedure:**

- Stop iron medication and iron supplements.

**Do these things 4 days before your test:**

- Arrange to have someone drive you home. You will receive medicine to keep you relaxed during your procedure, so you cannot drive home or take a cab home alone.
- Stop taking aspirin. It is okay to take Tylenol (Acetaminophen).
- If you take Coumadin, check with the doctor who ordered it to see if you can stop taking it for the 4 days before the test.
- If you take insulin call the doctor who ordered it for any adjustments you need to make the day of prep and the test day. We do not want your blood sugar to be too low.

**Do these things 1 day before your test (Prep Day):**

- DO NOT EAT ANY SOLID FOOD TODAY**
  - You may only have clear liquids all day and night. Clear liquids are: tea or coffee (no milk), popsicles and jello (no red or purple), broth, apple juice, white cranberry juice, 7 up, ginger ale, Gatorade and water.
  - Do not drink alcohol.
  - Start drinking your prep according to your doctor's instructions, which are located on the back of this page.
    - Note: Some people say taking sips of broth or sucking on a lime in between glasses of prep help to clear the taste.
    - If you feel too full, drink the prep every 30 minutes.
  - Keep drinking clear liquids for the rest of the day. This will help the prep work better for you.
- DO NOT EAT ANY SOLID FOOD**
- The prep you are drinking will make you go to the bathroom many times. This is needed so your colon will be cleaned out for the procedure.
  - You may use Vaseline, any diaper rash cream or baby wipes, etc...on your bottom. This will help it not get so sore.

**Do these things on the day of your test:**

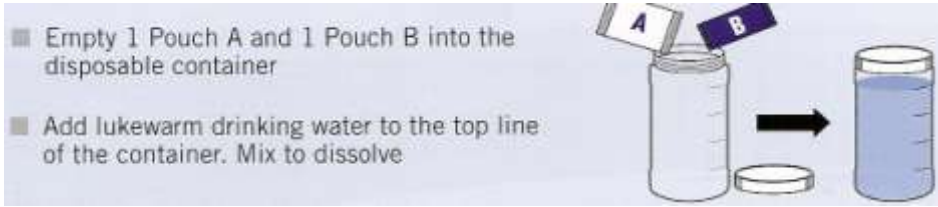
- You may continue drinking clear liquids, but stop drinking 2 hours before your test.
- Take your usual morning pills except for Coumadin and Aspirin.
- DO NOT** take your diabetic pill(s).
- If you usually check your blood sugar, check it this morning.
- Bring the person who is driving you home with you to the Endoscopy Center.
- Your arrival time to your discharge time is about 2 ½ hours.
- Bring insurance card, photo id and all medications to your appointment.

**OVER** →

### Day Before Examination

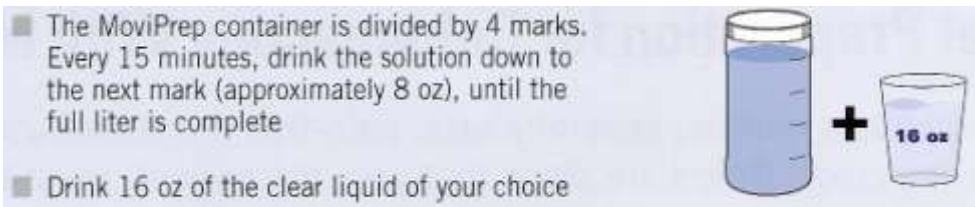
**FOLLOW PRINTED INSTRUCTIONS ON THIS SHEET NOT THE COLON PREP PACKAGING.**

1. **Do not eat any solid food today.** It is important to drink at least eight (8) glasses of clear liquids throughout the day.
2. In the morning,



Put container in the refrigerator to chill.

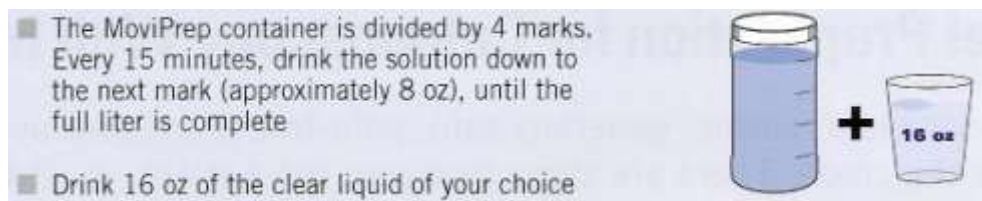
3. At 6:00 pm, begin drinking the Moviprep as listed below. Be sure to drink additional fluids afterwards.



4. Moviprep will take effect in 30 minutes to 2 hours, so stay close bathroom facilities. It will produce clear, yellow liquid stools.
5. Mix second liter of Moviprep after the first liter is completely finished. Use the supplied container again empty 1 pouch A and 1 Pouch B into the disposable container. Add water to the top line of the container and mix to dissolve. Refrigerate for later.
6. If you awaken during the night with brown or solid stool drink more clear liquids. Tell the nurse at the endoscopy center if you are still having brown or solid stool upon arrival.

### Day of Examination

1. Drink second liter of Moviprep at \_\_\_\_\_ **AM** as listed below. Be sure to drink additional fluids afterwards.



**If you have any problems finishing the prep call the office at 574-234.0049**

**Michiana Gastroenterology, Inc. Hours of operation**

**Monday, Tuesday and Thursday 8:00am – 5:00pm  
Wednesday & Friday 8:00am – 1:30pm**