<u>Preparing for your Colonoscopy with MoviPrep</u>

Colonoscopy involves a small flexible scope about the size of your little finger. There is a light and a lens on the end, which will allow me to look directly into your rectum and colon. Abnormalities seen on x-rays can be verified and some lesions not seen by x-rays can be found. Sometimes small biopsies (pieces of tissues to examine under a microscope) are taken. You will not feel the biopsies being taken.

It is important that your bowels be completely empty for the exam, so do **<u>NOT</u>** have anything to eat or drink after midnight before the procedure. You will be given a prescription for a liquid solution in my office. Please complete this dosing regimen as directed by Dr. Narvaez. If you take insulin or any diabetic medication do **<u>NOT</u>** take them until after your procedure. You will need someone to drive you home after your procedure. Avoid any blood thinners 1 week prior to your procedure. If your are taking blood pressure medications take these as normal the day of your procedure.

After checking in at admission office you will be changed into a hospital gown and a small I.V. line will be placed into a vein in your arm. You will receive some medication through your I.V. to help you relax and make you drowsy. The procedure will begin by passing the scope through your rectum into your colon. This process should cause little to no discomfort. Your heart rate and breathing will be monitored throughout the entire procedure.

You will be observed approximately one hour after your procedure. Dr. Narvaez will speak with you and your family to let you know how everything went during the procedure. This does not mean that he knows the diagnosis at this time, especially if there were biopsies done. These results can take up to 7 days to receive, so it is very important for you to keep your follow up appointment, unless otherwise directed by Dr. Narvaez.

Day 1
- The morning before the procedure you may have a light breakfast, no later than 8am, such as oatmeal or Cereal, water or black coffee. No fruit or fruit juices.
- Mix the 1st liter of the MoviPrep solution by mixing packet (1) Packet A and (1) Packet B into the container provided in your kit. Refrigerate the mixed solution.
- Have a clear liquid lunch such as; tea, beef or chicken broth, clear fruit juices. Do not eat any food after your clear liquid lunch.
- At 6pm start drinking (1) 8oz. glass of MoviPrep every 15 minutes until the 1st liter is gone. Once finished, mix the remaining packet A and packet B in the same 1 liter container and refrigerate.
- Make sure to consume unlimited amounts of clear liquid as tolerated till midnight to ensure proper hydration.
- DO NOT consume colored fruit juices

Day 2
- 3 Hours before your procedure, _____AM, start drinking (1) 8oz. glass of MoviPrep every 15 minutes until the 2nd liter is gone. Follow this with (2) 8oz. glasses of any clear liquid. It is extremely important that you drink all the recommended fluid.
- Initially, you may experience bloating but, you will become more comfortable as you continue to move around and have more bowel movements.
- **DO NOT EAT** anything until after your procedure

Patient Name _____

Date of Colonoscopy _____ Time _____ Facility _____

I acknowledge that I understand the following additional instructions as they pertain to my procedure:

- Blood Pressure medication must be taken 2 hours prior to my procedure _____

    - *If applicable, the following meds will be taken before the procedure:*

_____ _____

- All blood thinners, such as Tylenol, must be stopped 3 days prior to the procedure _____

- A chaperone must drive me to the facility, wait for me at the facility and drive me home from the facility _____

By signing this form, I hereby understand all that is written:

Patient Signature_____ Date_____

Please call the office if you have to cancel or reschedule your procedure; not doing so will result in a fee from the office and surgery center. Thank you.