

You are scheduled to have a colonoscopy examination at Cayuga Medical Center or Surgicare on \_\_\_\_\_ you should arrive at \_\_\_\_\_. Dr. \_\_\_\_\_ will be performing the procedure. On average, you will be ready for discharge within 2 hours.

Because you will receive sedation, you will need someone with you to drive you home. If you do not have arrangements for someone else to drive you home we will be unable to administer sedation for this procedure. It is best if the driver is someone you are comfortable with having hear the preliminary procedure report, as you may not remember it clearly. Read and follow the instructions below to prepare for your examination. If you have questions call our Scheduling Department at 272-5011.

*\*To pre-register please call (607) 274-4353 24-48 hours prior to the day of your procedure.*

## INSTRUCTIONS FOR YOUR BOWEL PREPARATION WITH

### **MoviPrep**

#### **PREPARATION FOR THE PROCEDURE:**

- Eliminate high fiber and whole grain foods, nuts and seeds in your diet during the three days leading up to your colonoscopy. In addition, discontinue iron, and bulking agents like Metamucil, Citrucel, Psyllium, and FiberCon during those three days leading up to your colonoscopy.
- *If you are on Coumadin, Warfarin, Plavix, clopidogrel bisulfate (blood thinners), check with your physician regarding stopping medication prior to the procedure. Check with your physician before taking any over the counter medication that may contain aspirin.*
- Diabetics on insulin will get individualized instruction.
- Other regular medications can be taken normally in the days leading to the procedure.

#### **THE DAY BEFORE THE EXAM:**

Drink *only clear liquids* for breakfast, lunch, and dinner, Solid foods, milk or milk products are *not* allowed. *Clear liquids* include all of the following that are *not colored red or purple*: strained fruit juices without pulp (apple, white grape, white cranberry, lemonade, etc), water, clear broth or bouillon (vegetable, chicken, beef), coffee or tea (without milk or nondairy creamer), Gatorade®, carbonated and non-carbonated soft drinks, Kool-Aid® (or other fruit flavored drinks), plain Jello® (without added fruit or toppings), and ice Popsicles®.

**PLEASE NOTE: Certain insurance companies may consider the above service as a surgical procedure. Screening colonoscopies: in the event of a finding, such as the removal of polyps, the procedure would no longer be considered a screening exam and your insurance coverage would change to diagnostic colonoscopy benefits. Please contact your insurance carrier for coverage information. Precertification may be required**

## **Colonoscopy Prep Instructions:**

The MoviPrep carton contains 4 pouches and a disposable container for mixing. You must complete the entire prep to ensure the most effective cleansing.

- ❑ 3:00 PM: Prepare the MoviPrep:
  - Empty 1 pouch A and 1 pouch B into the disposable container
  - Add luke warm drinking water to the top line of the container. Mix to dissolve. (can be made up ahead of time but should be used within 24 hours)
- ❑ 7:00 PM: **First** dose of MoviPrep. The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark, until the full liter is consumed.
- ❑ Drink at least three (3) additional glasses of *clear liquids* in the next 2 hours. You are encouraged to drink additional clear liquids as desired.
- ❑ 9:00 PM: Prepare the morning dose of MoviPrep:
  - Empty 1 pouch A and 1 pouch B into the disposable container
  - Add luke warm drinking water to the top line of the container. Mix to dissolve. (can be made up ahead of time but should be used within 24 hours)

## **Day of Colonoscopy:**

- ❑ 6:00 AM (OR 3 HOURS BEFORE YOU LEAVE FOR YOUR EXAM): Take your **second** dose of MoviPrep just as you did the evening before. (Follow the instructions above) Continue to drink clear liquids up to 2 hours before your procedure.
- ❑ Take your morning blood pressure or cardiac medications and bring your other usual morning medications with you to be given after the procedure.
- ❑ Because the sedative medications remaining in your system after the procedure can slow your reaction times, it is our policy that you **must** have someone else drive you home after the procedure. If the person driving you does not remain at the hospital, they must be within 15 minutes distance and the nurse will notify them when you are almost ready to leave. Plan ahead to make arrangements for your transportation. You will be asked not to drive for 12 hours after the sedation. Most people feel tired after being sedated, so rest is recommended. You will be able to eat normally after the colonoscopy. You may resume regular activity the next day.

## **After the procedure:**

- ❑ Resume your regular diet unless otherwise instructed. Initially plan to eat lightly at home. Going to a restaurant is not recommended.
- ❑ Resume your regular medications unless instructed otherwise.
- ❑ No driving, operating machinery or making major decisions for the rest of that day.
- ❑ If you had polyps removed, plan no trips outside the country or to remote locations for 14 days as continuing care may be needed. On average one patient per year requires hospital attention following colonoscopy.