 Colonoscopy with MOVIPREP SPLIT DOSE

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<th>FACILITY LOCATIONS:</th>
<th>GENERAL INFORMATION:</th>
<th>5-7 DAYS BEFORE YOUR PROCEDURE:</th>
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<tr>
<td>☐ Catonsville Gastrointestinal Diagnostic Ctr. Phone (410-242-3636) 700 Geipe Rd, Ste 220, Baltimore, MD 21228</td>
<td>➢ IV sedation or anesthesia is usually given during your procedure. Due to regulatory requirements and for your safety, you must arrange for an adult (18+) to drive you home, or risk procedure cancellation.</td>
<td>IF YOU HAVE DIABETES: Follow your GI Physician’s recommendations for oral and insulin medication.</td>
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<td>☐ St. Agnes Hospital – GI Services Department Phone (410-368-2200) 900 Caton Avenue, Baltimore MD 21229</td>
<td>➢ You will not be able to drive, operate machinery, make important decisions or return to work for the rest of the day.</td>
<td>If you are on Aspirin, Coumadin, Warfarin, Plavix, Heparin, Lovenox, Fish Oil or any other blood thinners:</td>
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<td>☐ Howard Co Gastrointestinal Diagnostic Ctr. Phone (410-772-7345) 10710 Charter Drive, Suite 120, Columbia, MD 21044</td>
<td>➢ You may resume normal activities the next day unless the doctor states otherwise.</td>
<td>➢ Your gastroenterologist may have advised you to stop taking blood thinners prior to your procedure. You will need to stop taking these medications 5-7 days prior to your procedure.</td>
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<td>☐ Howard County General Hospital, Dr. Berman and Kay Ota Berman Pavilion Phone (410-884-4500) 5759 Cedar Lane, Columbia, MD 21044</td>
<td>➢ If you have any questions concerning your procedure or need to cancel please call the respective office.</td>
<td>➢ The GI physician may have to obtain Cardiac Clearance before your procedure can be scheduled. The office will contact you once clearance is obtained.</td>
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<td>➢ Wear comfortable, loose fitting clothing that is easy to step into. Wear flat shoes or tennis shoes.</td>
<td>➢ 5-7 days before the procedure stop eating salads, raw vegetables, nuts, seeds and popcorn.</td>
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<td>➢ The center is not responsible for your property. Do not wear jewelry or bring valuables with you to the Center or Hospital.</td>
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WHAT YOU CANNOT DRINK

➢ Any liquid that is red, orange, blue or purple in color
➢ No milk, dairy cream or non-dairy products
➢ No alcohol
➢ No orange juice or lemonade

WHAT YOU CAN DRINK

➢ White grape juice, white cranberry juice, and apple juice
➢ Kool-Aide, Powerade, Gatorade and Crystal Light
➢ Popsicles and Italian Ice
➢ Broth or bouillon: Beef, Chicken or Vegetable flavored
➢ Water, Soda, Tea or coffee
➢ Hard candy and sugar
➢ Jell-O

DO NOT consume red, orange, blue or purple liquid from this list.

THE KEY TO A GOOD PREPARATION

Drink plenty of the correct fluids, see “What You Can Drink.” You must take ALL of the PREP solution as directed to clean your bowel adequately. Even if you are passing clear liquid, you must continue to take the entire dose of the prep the day before your exam. Failure to follow prep instructions may result in rescheduling of the procedure due to poor preparation.

THE DAY BEFORE YOUR COLONOSCOPY

➢ No solid food and NO ALCOHOL
➢ Clear liquids only all day
➢ Drink an extra 8 oz. of clear liquids every hour while awake.
➢ 8 oz.=1 Cup and 16 oz.= 2 Cup

4 PM: Empty 1 Pouch A and 1 Pouch B into the container. Add water to the fill line. Mix to dissolve and then refrigerate.

5 PM: Every 15 minutes, drink the solution down to the next line until the full liter is consumed. (Note that the Moviprep container is divided by 4 marks).

• Continue to drink at least 32 oz. of clear liquids until you go to bed.

• Apply a petroleum-based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.

• No liquids 4 hours before procedure.

THE DAY OF YOUR COLONOSCOPY

➢ You should take your essential medications with a small sip of water (e.g. heart and blood pressure).

5-7 hours before the time your procedure is scheduled, empty 1 Pouch A and 1 Pouch B into the container. Add water to the fill line and mix to dissolve.

• Every 15 minutes, drink the solution down to the next line until the full liter is consumed.

• Do not drink or take anything by mouth until after your procedure.

• The correct timing of this dose is essential to an effective preparation.

Confirm you have a driver to take you home!!

Additional Comments:

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