

## Colonoscopy Preparation Instructions

### BOWEL PREPARATION FOR COLONOSCOPY BEFORE 10AM WITH MOVIPREP

These instructions have been prepared to help you understand the procedure for cleansing the colon (large intestine). A thorough examination depends on your colon being carefully cleansed and emptied. Stool remaining in the colon can obscure important details, resulting in the exam having to be repeated at another time.

Your colonoscopy appointment is on (date) \_\_\_\_\_ at (time) \_\_\_\_\_ at (location) \_\_\_\_\_

#### On The Day Before Your Colonoscopy:

1. **NO FOOD** on the day before your procedure. You may only have clear liquids. Start clear liquid diet at **6:00 AM**. (See list at right.)
2. At **4:00 PM** mix 1 pouch A and 1 Pouch B into the disposable container. Add lukewarm drinking water to the top line of the container. Mix. If preferred, mix solution ahead of time and cool slightly in refrigerator. Drink 8 ounces every 15 minutes until gone.
3. Within the next hour, drink at least 16 ounces of water and continue clear liquids listed at right.
4. It can take 30 minutes to 3 hours for you to have a bowel movement.
5. At **8:00 PM** mix the second pouch A and Pouch B into the container. Add lukewarm drinking water to the top line of the container. Mix. Drink 8 ounces every 15 minutes until gone.
6. Within the next hour, drink at least 16 ounces of water.
7. **After completing the prep, you may continue clear liquids until 2 hours before your appointment. Do not eat or drink anything more until after your test.**

If you are passing brown fluid after completing the prep or you are unable to complete the prep, call the Endoscopy Center as early as possible.

**VERY IMPORTANT: You must have a responsible adult with you to drive you home. If not, your procedure may not be done.**

#### Medications You Need to Cleanse the Bowel:

- **MoviPrep Solution, 1 carton**

#### Diet Instructions

**Clear Liquid Diet List:** *(Any liquid that is clear enough to read print through it.)*

- Clear fruit juices without pulp (apple, white grape)
- Water, tea or black coffee
- Low sodium clear broths
- Jell-O<sup>®</sup> – lemon, lime or orange, without topping or fruits
- Popsicles<sup>®</sup>
- Kool-aid<sup>®</sup>, Tang<sup>®</sup>, Crystal Light<sup>®</sup>, Gatorade<sup>®</sup>, soda pop
- **Avoid red, as this can look like blood in the colon.**

#### Some Suggestions:

- You may experience chills. Dress warmly (socks, robe, blanket)
- If you experience nausea or vomiting, stop drinking for 1 hour and then start again at a slower rate. Drink each glass in 10-20 minutes, resting 10 minutes between each glass,
- Most patients have a bowel movement within an hour or two of starting the solution. Be patient, the prep solution rarely fails.

#### 24-Hour Phone Line:

**Tacoma: 253-272-5127    Federal Way: 253-838-9839**  
**Puyallup, Downtown: 253-841-3933    Gig Harbor: 253-858-0112**  
**Puyallup, Sunrise at South Hill: 253-770-3700**

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