Colonoscopy Bowel Preparation Instructions
MoviPrep Preparation

PLEASE READ ALL INSTRUCTIONS ON THE DAY YOU RECEIVE THEM.

About Colonoscopy

Bowel preparation (cleansing) is needed to perform an effective colonoscopy. Any stool remaining in the colon can hide lesions and result in the need to repeat the colonoscopy. You should plan to be at the hospital 2-4 hours. It is critical that you follow the instructions as directed.

The physician will discuss your procedure with you when you are in the recovery room. If you had any biopsies taken, you will receive a letter with those results, usually 2-3 weeks after the procedure. If there are serious findings on the biopsy, your physician will contact you.

Every effort will be made to keep your appointment at the scheduled time, but in medicine, unexpected delays and emergencies may occur and your wait time may be prolonged. We give each patient the attention needed for his or her procedure.

If you have any questions, please call 317-817-8052; if you need to cancel, please call 317-944-4782 as soon as possible.

What to Bring:

1. The first and last name and address of all doctors you want to receive a copy of your procedure report.
2. Someone to drive you home. Sedation is usually given during your procedure. **If you have not arranged for someone to drive you home, your procedure may be cancelled.** The person who signs you out must be with you on the unit before you can be released. You will not be able to drive, operate machinery, make important decisions or return to work for the rest of the day. You may resume normal activities the next day unless the doctor states otherwise.
3. A copy of relevant medical records from your referring physician.
4. Your insurance cards. Many insurance carriers (not Medicare) and managed care organizations require preauthorization or precertification. **If you have specific questions about coverage for your upcoming procedure, please contact your insurance company.** As a courtesy we will make every attempt to obtain the authorization for these procedures, please make sure we have your correct insurance information. If your insurance information has changed or is inaccurate, please contact our authorization coordinators at Local- 317-428-4356 or long distance @ 855-884-2822.
Patient Checklist

IF YOU TAKE BLOOD PRESSURE OR HEART MEDICATIONS, PLEASE TAKE WITH A SIP OF WATER THE MORNING OF YOUR PROCEDURE.

IF YOU ARE AFFECTED BY ANY OF THE CONDITIONS LISTED BELOW, PLEASE FOLLOW THESE INSTRUCTIONS.

<table>
<thead>
<tr>
<th>Condition</th>
<th>Instructions</th>
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<tbody>
<tr>
<td>Diabetes</td>
<td>Check with your physician regarding your dose of insulin and other diabetic medications needed the day before and the day of your procedure. Inform your doctor that you will be on clear liquids the day prior to your procedure. Typically, we recommend that you do not take your oral hypoglycemic or insulin before your procedure. Bring it with you to take after your procedure. Check you blood sugar frequently while taking the prep solution and the morning of your procedure.</td>
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<tr>
<td>Hip or knee replacement in the past 6 months, vascular graft in the past year, coronary stent in the past 6 weeks</td>
<td>You may need antibiotics before your procedure. Please arrive two hours before your scheduled procedure time. Do not schedule your procedure before 8:00am. Please inform the nurse and your physician.</td>
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<tr>
<td>Aspirin</td>
<td>If you are taking aspirin PRESCRIBED by your MD please continue to take it. If you do not have a heart or blood vessel or clotting disorder, and you are taking aspirin on your own without a doctor's advice, please stop taking aspirin 5 days before your procedure.</td>
</tr>
<tr>
<td>Coumadin, Plavix, Heparin, Lovenox, or other anticoagulants</td>
<td>Ask the physician who prescribed your medicine how to take it before and after your procedure. If you cannot contact your physician, call us several days before your exam. If you take Coumadin, you may need a blood test two hours before your exam. Please do not assume that you can safely follow the same medication adjustments that have been made for your previous procedures.</td>
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</table>

What to Wear

Wear comfortable, loose fitting clothing that is easy to step into. Wear flat shoes or tennis shoes. Do not wear jewelry or bring valuables.

Research Studies:

Some patients who come to the endoscopy unit are asked to participate in a research study. If you are asked to participate, the study purpose and procedures will be explained to you. You have the right to decline participation. Declining participation will not affect the interest the doctors have in your case. The doctors at the endoscopy center are typically involved in research studies on how to improve endoscopy.

Please note: Although your upcoming colonoscopy may be scheduled as a screening procedure, if during the course of your screening the physician removes a polyp or performs a tissue biopsy, the procedure may be considered diagnostic and may not qualify for coverage as a screening service. Insurance company policies vary regarding these matters and we urge you to contact your insurance company to obtain their policy on these types of procedures.
<table>
<thead>
<tr>
<th>Prep Instructions for Colonoscopy – MoviPrep</th>
<th>5 days before your colonoscopy</th>
<th>2 days before your colonoscopy</th>
<th>The day before your colonoscopy</th>
<th>The day of your colonoscopy</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Read all prep instructions.</strong></td>
<td><strong>CLEAR LIQUIDS ONLY 24 hours prior to procedure</strong></td>
<td><strong>Clear liquids ALL DAY (attached)</strong></td>
<td><strong>CLEAR LIQUIDS ONLY 6 HOURS BEFORE PROCEDURE (OTHER THEN COMPLETING THE Moviprep PREP)</strong></td>
<td><strong>5 hours prior to leaving for your procedure,</strong></td>
</tr>
<tr>
<td><strong>Contact prescribing physician for instructions on dosage of blood thinners.</strong></td>
<td><strong>NO SOLID FOOD</strong></td>
<td><strong>PLUS</strong></td>
<td><strong>NO SOLID FOOD</strong></td>
<td><strong>Empty 1 Pouch A and 1 Pouch B into the disposable container. Add lukewarm drinking water to the top line of the container. Mix to dissolve. If preferred, mix solution ahead of time and refrigerate. The reconstituted solution should be used within 24 hours. The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 ounces) until the full liter is consumed.</strong></td>
</tr>
<tr>
<td><strong>Obtain bowel prep products from your pharmacy.</strong></td>
<td><strong>NO ALCOHOL</strong></td>
<td><strong>Drink an extra 8 ounces of clear liquid every hour from 11am to 5pm. Gatorade is preferred.</strong></td>
<td><strong>NO ALCOHOL</strong></td>
<td><strong>Drink 16 ounces of clear liquid of your choice</strong></td>
</tr>
<tr>
<td>• MoviPrep is available by prescription only.</td>
<td><strong>5pm</strong> <strong>Empty 1 Pouch A and 1 Pouch B into the disposable container. Add lukewarm drinking water to the top line of the container. Mix to dissolve. If preferred, mix solution ahead of time and refrigerate. The reconstituted solution should be used within 24 hours. The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 ounces) until the full liter is consumed.</strong></td>
<td><strong>7pm</strong> <strong>Take 2 Dulcolax laxative tablets</strong></td>
<td><strong>Drink 16 ounces of clear liquid of your choice.</strong></td>
<td><strong>Have nothing else to eat or drink 6 hours before your procedure EXCEPT to take heart and blood pressure meds with a sip of water</strong></td>
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<td>• 4 gas tablets (gas tablets are Gas-X or Mylanta Gas)</td>
<td><strong>PLUS</strong></td>
<td><strong>Drink 16 ounces of clear liquid of your choice.</strong></td>
<td><strong>9pm</strong> <strong>Take 2 gas tablets with 8 ounces clear liquid. (Gas-X or Mylanta Gas)</strong></td>
<td><strong>After the procedure you may eat your usual diet unless otherwise instructed. Drink 8 ounces of liquid at least 6 times after the procedure and before retiring for the night.</strong></td>
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<td>• 2 Dulcolax laxative tablets</td>
<td><strong>10pm</strong> <strong>Take 2 gas tablets with 8 ounces clear liquid</strong></td>
<td><strong>YOU ARE ENCOURAGED AND MAY DRINK CLEAR LIQUIDS UNTIL YOU GO TO BED.</strong></td>
<td><strong>10pm</strong> <strong>Take 2 gas tablets with 8 ounces clear liquid</strong></td>
<td><strong>Your driver must remain in the waiting room during your procedure.</strong></td>
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<td><strong>Stop herbals, vitamins and oral iron supplements.</strong></td>
<td><strong>YOU ARE ENCOURAGED AND MAY DRINK CLEAR LIQUIDS UNTIL YOU GO TO BED.</strong></td>
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<td><strong>Arrange for a driver for your procedure.</strong></td>
<td><strong>CONFIRM THAT YOU HAVE A DRIVER TO TAKE YOU HOME FOLLOWING YOUR PROCEDURE.</strong></td>
<td><strong>You may apply a petroleum based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.</strong></td>
<td><strong>Your driver must remain in the waiting room during your procedure.</strong></td>
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If you think the prep is not working, call 317 817-8052 during business hours or (317) 755-6267 after business hours.

Do not take more than the prescribed dose of MoviPrep.

Clear Liquid Diet

As a rule – if you can see through it, you can drink it.

**Gatorade is the preferred clear liquid (no red or purple)**
Clear fruit juices, white grape juice and apple juice
Water
Kool-Aide, PowerAde (no red or purple)
Clear soup, broth or bouillon
Popsicles (no red or purple)
Tea or coffee without cream
Hard candies
Soda pop, 7-Up, Sprite, regular or diet Pepsi or Coke, ginger ale, orange soda (no red or purple)
Jell-O (no red or purple)