

# INFORMATION ABOUT YOUR COLONOSCOPY

A colonoscopy is a procedure allowing the physician to examine the large intestine. A colonoscope is a lighted, flexible tube about one half inch in diameter. It is passed from the rectum throughout the entire large intestine to examine for polyps, tumors, inflammation, bleeding, and ulcers. You will receive conscious sedation so that you are comfortable. You will remain conscious, able to breathe on your own, and will remain able to respond to verbal commands.

Biopsies (small pieces of tissue) can be obtained during this examination. A pathologist will examine these and send a written report to our office in seven (7) days. Biopsies are taken for many reasons and do not necessarily mean cancer is suspected.

Complications from this examination are infrequent but may include bleeding, perforation, reaction to medication, heart/lung complication, and other unpredictable events.

Please verify with your referring doctor or insurance company appropriate referrals, pre-certification, and co-pay amounts for your procedure. **Copays will be collected at the time of check-in.**

If you have billing questions or concerns, please contact Billing Customer Service at 1-800-333-6546 or 205-731-9050.

## PLAN AHEAD FOR YOUR COLONOSCOPY BY REMEMBERING THESE THREE THINGS:

### #1 MAKE SURE YOU HAVE A DRIVER

This person must be with you when you arrive the day of your procedure and must stay in the clinic waiting room until they are brought to the Recovery Area. You will not be able to drive until the next day.

### #2 DO NOT EAT

Remember that you must NOT consume any solid food starting the day before your colonoscopy. After your colonoscopy you will be able to eat. **\*\*NO FOOD, NO FOOD, NO FOOD\*\* the day you are doing your prep.**

### #3 FINISH THE ENTIRE PREP

Emptying the contents of your colon is extremely important. If your colon is not totally free of stool, the colonoscopy could be incomplete and polyps and lesions can be missed. **This could also mean you have to repeat the colonoscopy and prep again. It is important to complete the prep the first time.** The colon prep consists of a liquid diet, as well as liquid medication that causes watery diarrhea to flush out your colon. As a result your colon will be clean and visible for your colonoscopy.

## HOW TO PREP FOR YOUR MOVIPREP COLONOSCOPY

### PLAN AHEAD

- **You must have a driver present during your entire procedure. No Driver = No Procedure**
- Stop taking iron pills one week prior to your procedure.
- Take all heart, blood pressure, and seizure medications on the day of your procedure.
- You may take all other regular medications unless otherwise directed.
- If you are not sure you can safely stop any of your medications, or safely complete your bowel prep, please contact your primary doctor or our office.
- Do not eat corn, turnip or collard greens one week prior to your procedures

### DAY BEFORE PROCEDURE

**Breakfast: Start your Clear Liquid Diet at breakfast time. DO NOT EAT ANY SOLID FOODS UNTIL AFTER YOUR PROCEDURE HAS BEEN COMPLETED. This will help you stay well hydrated.**

#### The following are considered Clear Liquids:

- Water, Black Coffee or tea (NO cream or milk)
- Ensure (Diabetic patients)
- Gatorade/Powerade, strained fruit juice, lemonade, and fruit drinks
- Carbonated beverages
- Fat free clear broth or bouillon
- Popsicles (NO creamy or fruit pops, NO red or orange pops), Plain gelatin desserts (NO fruit added)
- Hard candy
- **NO RED LIQUIDS or FOOD with RED FOOD COLORING!!!**

#### Preparing Your Prep Solution:

**At 5:00 p.m.** – Start your prep. Mix the first dose by emptying **ONE** Pouch A and **ONE** Pouch B into the disposable container. Add water to the top line of the container and mix it up. Every 15 minutes, drink the solution down to the pre-marked 8-ounce line on the bottle until the full bottle is consumed. If you are diabetic, check your blood sugar while prepping. If your blood sugar drops below 80, drink a sugary drink. The second bottle is for later.

### DAY OF PROCEDURE

**5 to 6 hours prior to your procedure:** Repeat all steps in “Preparing Your Prep Solution” as printed above using the **SECOND** Pouch A and Pouch B and second full container of water.

You must be finished at least three (**3**) hours before your procedure time. Remember to allow for bathroom and travel time.

- **NO LIQUIDS OR FOOD for the final (3) hours before your procedure.**
- **If you are an insulin dependent diabetic, you should NOT take any Insulin or diabetic medications the morning of your procedure. You should also check your blood sugar.**

**FOR QUESTIONS DURING THE PREP, CALL 1-855-466-8479 OR VISIT MOVIPREP.COM**

## HOW TO PREP FOR YOUR GOLYTELY, COLYTE, OR TRILYTE COLONOSCOPY

### PLAN AHEAD

- **You must have a driver present during your entire procedure. No Driver = No Procedure.**
- Stop taking iron pills one week prior to your procedure.
- Take all heart, blood pressure, and seizure medications on the day of your procedure.
- You may take all other regular medications unless otherwise directed.
- If you are not sure you can safely stop any of your medications, or safely complete your bowel prep, please contact your primary doctor or our office.
- Do not eat corn, turnip or collard greens one week prior to your procedures

### DAY BEFORE PROCEDURE

**Breakfast: Start your Clear Liquid Diet at breakfast time. DO NOT EAT ANY SOLID FOODS UNTIL AFTER YOUR PROCEDURE HAS BEEN COMPLETED. This will help you stay well hydrated.**

#### The following are considered Clear Liquids:

- Water, Black Coffee or tea (NO cream or milk)
- Ensure (Diabetic patients)
- Gatorade/Powerade, strained fruit juice, lemonade, and fruit drinks
- Carbonated beverages
- Fat free clear broth or bouillon
- Popsicles (NO creamy or fruit pops, NO red or orange pops), Plain gelatin desserts (NO fruit added)
- Hard candy
- **NO RED LIQUIDS or FOOD with RED FOOD COLORING!!!**

#### Preparing Your Prep Solution:

Prepare the solution according to these instructions and refrigerate. Add lukewarm water to the fill line on the bottle. **Do not add any other liquid.** Replace the cap securely and shake vigorously to completely dissolve the solution and then refrigerate. You may purchase Lemon Crystal Light to add to the prep solution.

**At 5:00 p.m. –** Start your prep. Begin drinking **half** of the Prep solution. Drink **8** ounces every **15** minutes until half of the solution has been taken. This should be done in 90 minutes (1½) hours. It may taste better chilled or on ice. For flavor add Crystal light to each glass of the prep solution. For Trilyte use the flavor packets provided with the solution. If you are diabetic, check your blood sugar while prepping. If your blood sugar drops below 80 drink a sugary drink.

### DAY OF PROCEDURE

**5 to 6 hours prior to your procedure:** Begin drinking the **SECOND half** of the prep in the same way, drinking **8** ounces every **15** minutes until the entire prep is completed.

You should be finished with your drinking prep at least three **(3)** hours prior to your procedure.

- **NO LIQUIDS OR FOOD for the final (3) hours before your procedure.**
- **If you are an insulin dependent diabetic, you should NOT take any Insulin or diabetic medications the morning of your procedure. You should also check your blood sugar.**

**IF YOU HAVE ANY QUESTIONS DURING THIS PREP, CALL 205-731-5655**