

Phone: (910) 891-5808 or (919) 577-0085

INSTRUCTIONS FOR YOUR COLONOSCOPY

You are scheduled for your colonoscopy at _____

Please report to the Facility at _____ AM on _____

1. Stop Aspirin and **ALL** Aspirin related products 7-10 days prior to your procedure. If you take any other Blood Thinners, call the office for instructions. **Unless otherwise instructed by our office.**
2. If you are **DIABETIC**, take half of your Diabetic Medication on the day before the exam. **Unless otherwise instructed by our office.**
3. The day before your procedure, you will be on a full liquid diet all day. **NO SOLID FOODS.** It is very important to stay well hydrated and drink clear liquids throughout the day.

****Liquids for this procedure: All Soft Drinks (including colas), Jello, Gatorade, Bouillon or Broth, Hard Candy, Coffee, Water, Tea, Strained Fruit Juices, Etc.** This **DOES NOT** include **Milk** or **Milk Products**, including **Coffee Mate!** **DO NOT** consume anything **RED** or **PURPLE** the day before the procedure.**

4. Please follow the attached directions for the prep that Dr. Vernon has selected for you.
5. The morning of the procedure, the **ONLY** medications you are allowed to take are Heart and Blood Pressure medications. Please hold all other medications until after your procedure is done.
6. If you use a prescription inhaler, please bring it with you to your procedure appointment.
7. Remember that someone **MUST** accompany you to your appointment. You will need someone to drive you home because you will be sedated. You should also have a person who can stay with you throughout the day as you may be drowsy and/or dizzy.
8. Please do not bring any jewelry or valuables with you as we will not be responsible for these items.
9. If you are unable to keep your appointment, please call our office **48 hours prior** to your appointment and reschedule.

Staff Signature _____ Patient Signature _____

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MoviPrep Instructions for Your Colonoscopy

You will need to drink a laxative solution (called MoviPrep) to clean your colon. You must complete the entire prep to ensure the most effective cleansing.

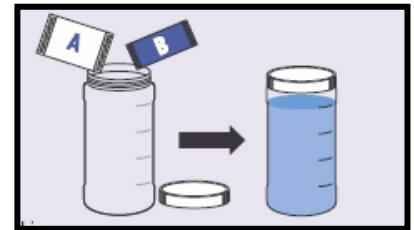
It is important that you eat only clear liquids the day BEFORE and the day OF your colonoscopy.

Two days before your colonoscopy: Fill your prescription for MoviPrep. If you tend to be constipated, or sometimes need laxative, take 2 tablespoons of Milk of Magnesia at 8:00 PM.

One day before your colonoscopy: **NO SOLID FOOD**, clear liquids only for breakfast, lunch & dinner.

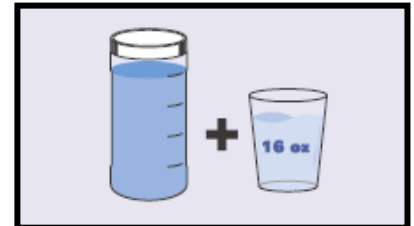
Morning: Prepare your MoviPrep solution

1. Empty 1 pouch A and 1 pouch B into the disposable container
2. Add lukewarm water to the top line of the container. Mix to dissolve. Refrigerate.



Evening: Begin your prep at **5:00 PM**

3. The MoviPrep container is divided by four marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 ounces), until the full liter is complete.
4. Drink 16 ounces of the clear liquid of your choice. You may start going to the bathroom after only a couple of glasses, but be sure to drink **ALL** of the solution.
5. **Prepare** the second container of MoviPrep and refrigerate.



6. Begin drinking the second liter of MoviPrep at **8:00 PM**, **repeat steps 3 and 4.**
7. Continue drinking clear liquids until midnight. **Nothing by mouth after midnight!**

- After the prep, your stools should be liquid, with little or no solid material. You must drink all of the solution the evening before AND morning of your procedure in order for the prep to be effective.
- Someone **MUST** accompany you to your appointment to drive you home, as you will be sedated!
- A **48 Hour** Advance Notice is required for cancellation of any scheduled procedure.
- If you have any questions, please call Dr. Kurt Vernon's office at 910-891-5808 or 919-577-0085