

COLONOSCOPY PREPARATION WITH MOVIPREP

The following are the instructions that you will need to follow prior to your colonoscopy. Please try to follow them as closely as possible to ensure a successful procedure. It is possible that you may feel abdominal cramping, rectal discomfort, some rectal bleeding, tiredness, and headaches during the preparation. Should any of these symptoms be significant or you have concerns about them, please do not hesitate to contact us at 713-795-4444. **Failure to take this preparation as indicated below may result in a poorly cleansed colon and possible cancellation of the procedure.**

FIVE DAYS BEFORE PROCEDURE:

Do not take any blood thinners such as (Aspirin, NSAID's, Plavix, Coumadin, Warfarin) during the 5 days preceding your procedure UNLESS instructed otherwise.

THE DAY BEFORE YOUR PROCEDURE:

1. Your **MoviPrep** comes with 2 clear packets of prep solution. For your first dose, open 1 of the clear packets and pour the A pouch and the B pouch of **MoviPrep** in the container provided. Fill with water to the fill line and **refrigerate**. Do this early in the morning so the prep will be cold when you begin drinking it.
2. Stay on a **clear liquid diet** all day THE DAY BEFORE YOUR PROCEDURE. This includes water, black coffee (no cream), tea, lemon or lime Jello (no fruit), chicken or beef broth, apple juice, ginger ale, 7-Up, Sprite, ice pops, diet sodas (diet Coke Diet Pepsi, Diet Dr. Pepper), and clear Gatorade. Sweeteners such as Sweet&Low, Equal, and sugar are ok. **NO RED OR PURPLE BEVERAGES OR JELLO.**
3. Begin drinking MoviPrep at **6:00pm**. Drink 8 oz. every 10-15 min. until it is all gone. Once you have completed drinking the MoviPrep solution, drink (2) 8 oz glasses of clear liquid. This will keep you hydrated.
4. As soon as you have completed drinking the first dose, mix the second dose. Open the remaining clear packet and pour the A pouch and the B pouch of **MoviPrep** in the same container provided. Fill with water to the fill line and **refrigerate**. You will drink this second dose the day of your colonoscopy.

THE DAY OF YOUR PROCEDURE:

Morning procedure: If your procedure is scheduled in the morning, you may not have anything to eat or drink after midnight except for your preparation listed below.

Afternoon procedure: If your procedure is scheduled for 12:00pm or later, you may have CLEAR LIQUIDS (NO SOLID FOODS) until 8:00a.m.and follow the preparation instructions listed below.

- **4 hours prior to your scheduled procedure time**, begin drinking the MoviPrep you mixed the night before. (example: if your colonoscopy is at 9am, you will need to begin drinking your MoviPrep at 5am). Drink 8 oz. every 10-15 min. until it is all gone. Once you have completed drinking the MoviPrep solution, drink (2) 8 oz glasses of clear liquid. This will keep you hydrated.

- **Medications:** You may take important medications (such as heart, blood pressure, thyroid or a seizure disorder etc.) with a small sip of water on the morning of your procedure. If you are a **diabetic**, DO NOT take your diabetic medications on the morning of your procedure. Routine medications with the exception of blood thinning medications may be taken when you get home.

- **Transportation:** Since a colonoscopy involves some anesthesia/sedation, you **MUST** have someone drive you home and stay with you during the following 4-6 hours (NO TAXI DRIVERS). They should also remain in the facility during your procedure so the physician may speak with them once you are in recovery.

- **TIP:** Using A&D ointment, Vaseline or diaper rash ointment between bowel movements will help prevent rectal irritation. You can also use baby wipes in place of toilet tissue.

Results: The medical assistant will notify you in the mail regarding your biopsy result (if taken) within 10 business days.

<i>Dr. Raijman's medical assistant:</i>	<i>Natalia: (713)795-4444 * 110</i>
<i>Dr. Escalante's medical assistant:</i>	<i>Daicy: (713) 795-4444 *103</i>
<i>Procedure Scheduler:</i>	<i>Kimberly: (713)795-4444 * 104</i>

If you would like to send us email, please request your web account by visiting: www.dahpa.com, go to Welcome Package tab and click my medical portfolio to request web account ID and PW.

**We appreciate your efforts in helping us to help you.
All of us at Digestive Associates of Houston, P.A. thank you and wish you well.**