

Koppenbrink Internal Medicine

Instructions for Colonoscopy Using MOVIPREP (Split Dose)

Please read carefully

Your EGD and Colonoscopy Schedule:	DESERT RIDGE OUTPATIENT SURGERY CENTER
Date: Time:	20940 N Tatum Blvd Ste.100 Phoenix, AZ 85054 (480) 502-4000
Arrival time at surgery center:	www.desertridgeoutpatient-sc.com

INSTRUCTIONS

One week before procedure:

- STOP taking aspirin. Tylenol is OK.

Five days before procedure:

- STOP taking Plavix, Coumadin, warfarin or other bloodthinners (*make sure you have discussed this with Dr. Koppenbrink*)
- STOP taking any NSAIDs (Ibuprofen, Aleve, Motrin, Advil etc.)

On the day before the procedure:

- ALL DAY: Do not eat any solid food and consume only clear liquids* for breakfast, lunch and dinner.
Note: "clear" means no particles and no milk or cream in the liquid. Avoid anything red, orange or purple.
- IN THE MORNING: Mix 1 container of MoviPrep following the package instructions. Refrigerate.
- AT NOON: Take 2 Dulcolax (or generic equivalent) laxative tablets.
- AT 3 PM: Take 2 more Dulcolax (or generic equivalent) laxative tablets.
- AROUND 5 PM: Begin drinking the MoviPrep that you prepared earlier in the day. Drink 8 ounces every 15 minutes until gone. Then drink at least 16 ounces of the clear liquid of your choice.
- BEFORE YOU GO TO BED: Mix another batch of MoviPrep and refrigerate.
- Do not eat or drink anything after midnight.

On the day of the procedure:

- 4 HOURS BEFORE YOUR ARRIVAL TIME AT SURGERY CENTER: Drink the MoviPrep that you prepared the night before. Drink 8 ounces every 15 minutes until gone.
- BEFORE LEAVING HOME: Take your usual medications as needed with a small amount of water.
Diabetics: You can take any oral medications prior to the procedure. If you are on insulin, take half the normal dose the morning of the procedure.
- AT THE SCHEDULED ARRIVAL TIME: Check into the Surgery Center

Medications given during the colonoscopy will impair your ability to drive for 24 hours. Someone MUST accompany you to your appointment to drive you home. You cannot take a cab, but we can give you names of transport companies you can use if necessary.

*SUGGESTIONS FOR CLEAR LIQUIDS

Ginger ale, Sprite, 7-Up Gatorade, Kool-Aid (no red or purple) Apple juice, white grape juice, lemonade Chicken, beef or vegetable boullion	Water, iced tea, hot tea Small amount of coffee without cream or milk Hard candies, Jell-O, Popsicles (lime, lemon) Italian ice (no red or purple)
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Do not eat or drink anything with a creamy consistency or with pulp. If you can't see through it as a liquid, it is not suitable for your prep.

Questions? Call 602-228-4051