

**PREPARATION INSTRUCTIONS FOR  
COLONOSCOPY**

**Arrival Time: 45 minutes prior to procedure  
time**

**Patient :** «FirstName» «LastName»

**Procedure Date:** «encDate»

You have been scheduled for a Colonoscopy with \_\_\_\_\_. This is an examination of your large intestine (colon). A long flexible tube (colonoscopy) will be inserted into your rectum and passed through your colon. Your colon will be examined in detail. Additional procedures may be performed such as taking tissue samples (biopsies) and removing polyps.

**Please read all the instructions ahead of time so you can be prepared for this procedure.**

For questions regarding your appointment or preparation, please call (907) 569-1333 or access our website at [www.alaskagi.com](http://www.alaskagi.com).

To ensure your comfort, IV sedation will be given for this exam (to make you relaxed). You must have a responsible companion, family member, or friend, 18 years of age or older escort you to the endoscopy suite, be present at the time of your discharge, drive you home, and stay with you for several hours after your procedure. You **may not go home alone** in a taxi, shuttle van, or bus, as these drivers will not be responsible for you. You may not drive until the next day. **If your escort/ driver cannot be contacted, your procedure unfortunately will be rescheduled.**

In order to provide quality care to our patients, improve access to our physicians, and minimize frustrations in getting timely appointments, our office has adopted the following policy regarding missed appointments. If you need to **cancel** your appointment, please contact our office at least two Business Days prior to the above scheduled date or you will be assessed a \$50.00 charge.

**Call your Insurance Plan to ensure they will cover your procedure. Please note there will be separate fees for the Physician, Facility, Pathology and/or Laboratory.**

You will need to Pre-Register with the facility where your procedure is scheduled 2 days prior to your procedure:

\_\_\_\_ Alaska Digestive Center - 563-1750  
\_\_\_\_ Providence Day Surgery - 212-3149  
\_\_\_\_ Alaska Regional Day Surgery - 264-1952

\_\_\_\_ I have received ADC Bill of Rights

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**SPECIAL MEDICATION INSTRUCTIONS**

We recommend you make the following medication changes prior to your procedure:

- **Blood-thinning medications** (such as Coumadin, Ticlid, Plavix, Pradaxa, Xarelto, Aggrenox and Lovenox) may need to be discontinued prior to your procedure.  
**Take your last dose**
- **Do not take iron pills** for 7 days prior to your procedure.
- **Continue taking all your other prescribed medications (e.g. blood pressure pills) as usual.**
- **Diabetic patients** - If you take an oral hypoglycemic ("sugar pill"), **do not take it the day of your procedure.** If you are taking **insulin**, you should only take **half (1/2) of**

**your usual scheduled insulin dose** the night before and nothing the morning of the procedure.

### **MoviPrep Instructions**

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. You will purchase one MoviPrep kit from your pharmacist using the prescription from your doctor. **It is important that you eat only clear liquids the day BEFORE and the day OF your colonoscopy.**

**5 days prior - Avoid/minimize the eating of raw seeds, nuts, grains or granola. Oatmeal is acceptable.**

**Prior to colonoscopy: Fill your prescription for MoviPrep at your Pharmacy.**

**One day prior to colonoscopy: No solid food** - Clear liquids only for breakfast, lunch & dinner.

#### **CLEAR LIQUID DIET LIST**

- Soft drinks such as ginger ale, cola, root beer, Sprite, 7-Up, Gatorade, Kool-Aid.
- Fruit juices without pulp such as apple, white grape, white cranberry juice, crystal lite.
- Water, tea or coffee (no milk or non-dairy creamer) with sugar or artificial sweeteners
- Chicken, vegetable or beef bouillon/broth
- Hard candies any color.
- Jell-O such as lemon, lime or peach; no added fruits or toppings.
- Popsicle that are green, yellow, brown or clear (no sherbet, ice cream or fudge bars).
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**Try to avoid red, orange, blue or purple liquids.** \*\*\* Diabetics may have any of the above in sugar free\*\*\*

**The Morning Before: 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 refrigerate.

**The Evening Before: Begin your prep at 6:00pm.**

3. The MoviPrep container is divided by four marks. Every 15 minutes, drink the solution down to the next mark (approx. 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. Continue drinking clear liquids until bedtime. Prepare the second container of MoviPrep and refrigerate for tomorrow mornings dose.

**Day of your procedure: repeat steps 3 and 4 5 and ½ hours prior to procedure.**

**No more liquids 4 hours before your procedure until your procedure is over.**