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COLONOSCOPY (Moviprep Split Dose)

WHAT IS THE PROCEDURE?

You are scheduled for a procedure called a colonoscopy. During this procedure, after being sedated, with IV Versed & Fentanyl you will lie on your left side and a flexible tube with a light and camera at the end of it will be inserted into your rectum and colon. This will allow the doctor to see the inside of your colon in order to look for any polyps or abnormal growths. Cancer of the colon is commonly found in this country and this procedure helps find cancer in its early stages. A biopsy (a small piece of tissue) may be taken from the colon, but you will not feel this. If you have colon polyps (small growths), they will be removed. You will be at the facility for a total of 2-3 hours; the procedure itself takes only 30 minutes.

HOW SHOULD I GET READY FOR THIS PROCEDURE?

1. Please fill the prescription for Moviprep from the pharmacy.
2. Since a biopsy or polyp removal may be performed, please stop blood thinners as listed below: stop arthritis medications (NSAIDs-Ibuprofen, Motrin, Advil, Naproxen, Celebrex, etc.), aspirin and aspirin-containing medication (unless directed by a physician) **five (5) days** before the procedure; stop Coumadin or Plavix **five (5) days** before the procedure; stop Heparin, Lovenox or Fragmin for **24 hours** before the procedure; stop herbs/vitamins that may have blood thinning qualities such as St. Johns Wort, Gingko Biloba and Vitamin E.

Please consult your physician if you have any questions about the medications you are taking.

3. **Diabetics** – **DO NOT** take diabetic pills or insulin on the morning of your appointment. Bring your insulin and food; you may take them after the procedure is completed.
4. Be sure to tell the doctor and the nurse if you have a heart murmur or an artificial valve.
5. **Do not eat nuts, corn or any food with seeds** (sunflower seeds, strawberries, kiwis, cucumbers, pickles, watermelons, etc.) for at least **five (5) days** before the procedure.

WHAT ARE THE POSSIBLE RISKS ASSOCIATED WITH THIS PROCEDURE?

The risks associated with this test are very low and include bleeding, infection, perforation (making a tear) and drug reactions since you will be sedated (made very sleepy) for the procedure. However, the chance of this occurring is less than 1%.

READ THESE INSTRUCTIONS CAREFULLY! FAILURE TO COMPLY WITH ANY PORTION MAY RESULT IN RESCHEDULING OF YOUR EXAM. In order to make accurate diagnosis, it is very important that your colon is absolutely clean.

In order to make an accurate diagnosis, it is very important that your colon is absolutely clean. You must go on a clear liquid diet the day before the procedure and take the Moviprep solution as directed.

1. THE DAY BEFORE THE EXAMINATION:

- a) Start on the clear liquid diet. You may have orange, apple, or other strained juice, Gatorade (not red), grape juice, tea, clear soup broth, coffee, soda pop, or jello without fruit. For breakfast you may have 2 scrambled eggs, yogurt or juices. For lunch you may have 1 boiled egg, plain top Ramen noodles or chicken broth. NO FIBER. DO NOT USE red jello, grapefruit or cranberry juices. You may suck on hard candy if you wish.
- b) You may drink all the water you like.
- c) In order to decrease the irritation to your anal region, you may apply petroleum jelly to the area prior to drinking the solution..
- d) Take nothing by mouth after midnight, except for the MoviPrep solution the next morning.
- e) Follow patient instructions provided for the MoviPrep solution

2. THE DAY OF THE EXAMINATION:

- a) You may continue to have clear liquids up to 2 hours before the procedure.
- b) Please take your blood pressure, heart, asthma or anti-seizure medications as scheduled in the morning. You may use your asthma inhaler the morning of the procedure.

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THE DAY BEFORE YOUR PROCEDURE PLEASE FOLLOW MOVIPREP PATIENT INSTRUCTIONS CAREFULLY!

- You will receive a prescription for the bowel preparation solution well before your colonoscopy. This can be filled at your local pharmacy (do so at least 2-3 days before your procedure). If preferred, mix solution ahead of time and refrigerate prior to drinking.
- Between 6-8 p.m. the evening before your colonoscopy start the bowel preparation. Empty one Pouch A and one Pouch B into the disposable container and then add water up to the top line of the container. Every 15 minutes drink the solution down to the next line (approximately 8 oz.) until you've ingested the full liter. Afterwards, drink 16 oz. of any liquids listed above of your choice (remember, nothing red!) Later you may continue to drink any liquids as you like that are listed above. The morning of the colonoscopy repeat the above steps. Four (4) hours prior to arrival begin to take the second liter of the MoviPrep solution. Thus, the morning of your colonoscopy, empty Pouch A and Pouch B into the container and fill with water and drink 8 oz. every 15 minutes until the full liter is done. Then drink 16 oz. of the clear liquid of your choice.
- Initially, you may begin to feel bloated and even nauseated, but this will become more comfortable as you begin to have bowel movements. Abdominal cramping is also not unusual and diarrhea is expected.
- If you develop significant nausea or vomiting, stop drinking for about 30-45 minutes and then resume at a slower rate.
- **Finish ALL of the preparation solution!**

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CAN I GO HOME AFTER THE EXAMINATION?

1. You may be sleepy from the medication after the examination, so someone will have to drive you home. **YOU MAY NOT DRIVE. NO BUSES OR CABS ARE ALLOWED.**
2. Someone does need to care for your 3-4 hours after the procedure.
3. You will be at the surgery center or hospital approximately 2-3 hours after the examination.
4. After the procedure, it is normal to feel gassy, bloated or to have mild stomach cramps. This may be relieved by walking around and/or expelling the gas. This should go away after several hours.