



## Colonoscopy - Information for Your Procedure

### Diet:

1. If you have a morning procedure, you should have nothing to eat or drink after midnight the night before your procedure.
2. For afternoon procedures you may not eat or drink anything in the 8 hours immediately before the procedure. Prior to that, you may have water or Gatorade. Drinking other types of liquids or solids may cause your procedure to be postponed.
3. The day before your exam you may have no solid food, only clear liquids that are not red or purple. You may have water, soft drinks (Coke, Sprite, ginger-ale, et.) bouillon, clear broth, apple or white grape juice, black coffee or tea (no creamers or mild products), Popsicles, Jell-O, and Kool-Aid. Unlimited amounts of regular Ensure or Boost may also be consumed on the day before the exam.

### MOVI PREP:

Directions come with the package. Between 4 and 6 PM the day before the procedure begin drinking the MOVI PREP. You must have 8 ounces every 15 minutes until the entire container is empty. Drink at least 16 ounces of clear liquids within the next hour.

On the day of the procedure three hours prior to leaving for your exam drink the remaining MOVI PREP just as you did the night before. Make sure to finish all at least two hours before the exam starts.

### Medication:

1. On the day of the procedure, you may take your regular medicines with a sip of water prior to your procedure as you normally do except for diabetic meds. Diabetic medications are addressed on another information sheet. Drinking more than a sip of water with your medication may cause your procedure to be postponed.
2. If you are on a “blood thinner” such as Coumadin, Aggrenox, Plavix, Xarelto, Effient or Brilinta, it may need to be stopped prior to your procedure. Please discuss this with your doctor if you have not already done so.

## **Restrictions the day of the procedure:**

1. A responsible adult must take you home. Driving yourself, taking the bus, Metro, or taxi alone is not permitted. For the remainder of the day you may not drink alcohol, make legal decisions or use hazardous equipment. This is because the medications that you are given for the procedure can impair your judgment and reactions. You should be able to resume your normal activities the day after the procedure.
2. If no one is able to drive you to or from the procedure, we can refer you to a service that can drive you.

## **After your exam:**

1. It is common to have cramping and distention after an exam. Belching and passing gas should help. However, if you have severe discomfort, rectal bleeding, fever greater than 101, lose consciousness or any other significant symptoms, please call our office (713-461-1026) immediately and speak to a doctor. Our doctors can be reached after business hours at this number if needed.

## **To obtain results of the exam:**

1. Your doctor will speak to you and/or your designated agent following your exam.
2. If you had biopsies of any type you should receive written or verbal communication from your doctor's office within two (2) weeks. If you do not, please contact us at (713) 461-1026.