

Preparing for Your Colonoscopy

MoviPrep for Colonoscopy

Day prior to procedure:

You must stay on a clear liquid diet all day for breakfast, lunch and dinner! Clear liquids include: water, ginger ale, apple juice, Gatorade, lemonade and clear bullion. No red or purple liquids. NO MILK PRODUCTS. To prevent dehydration, drink plenty of clear liquids throughout the day!

At 5:00 p.m.:

- Empty 1 "Pouch A" and 1 "Pouch B" into the disposable container
- Add lukewarm drinking water to the top line of the container. Mix to dissolve. (If preferred, mix solution ahead of time and refrigerate prior to drinking.) The reconstituted solution should be used within 24 hours.

Drink First Dose:

- The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz.), until the full liter is consumed.
- Drink 16 oz. of the clear liquid of your choice This is a necessary step to ensure adequate hydration and an effective prep.

At 7:30 p.m.:

- Empty 1 "Pouch A" and 1 "Pouch B" into the disposable container.
- Add lukewarm drinking water to the top line of the container. Mix to dissolve. (If preferred, mix solution ahead of time and refrigerate prior to drinking.) The reconstituted solution should be used within 24 hours.

Drink Second Dose:

- The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz.), until the full liter is consumed.
- Drink 16 oz. of the clear liquid of your choice This is a necessary step to ensure adequate hydration and an effective prep.

Important Reminders:

- No food or water after midnight the night before your procedure. This may vary if you are scheduled for an afternoon appointment.
- Please take heart, blood pressure, seizure or breathing medication with enough water to get them down at least 2 hours prior to the procedure. Be sure to talk with your doctor or nurse about other medications you are currently using.
- Bring a driver. You will be sedated for your procedure and unable to drive yourself home. You will need someone to stay with you after the procedure for the remainder of the day.

If you have any questions about this prep or your exam, please feel free to call our office at (319) 362-5118 or 800-728-5118.



PHYSICIANS' CLINIC
of Iowa, P.C.
Together in health.

General Surgery • 202 10th Street SE • Cedar Rapids, IA 52403
P: (319) 362-5118 • TF: (800) 728-5118 • pcofiowa.com

NuLytely Prep for Colonoscopy

Please read all of these instructions before beginning.

You must follow prep exactly in order to cleanse your colon before your procedure. If your colon is not properly prepared, it may result in cancellation of your procedure. Your physician will give you a prescription for the oral colon purge and laxatives. Please have these items on hand prior to beginning of this prep. Avoid high fiber foods such as corn, tomatoes, lettuce, popcorn, and bran cereals for 2 days prior to your procedure.

Day prior to procedure:

Do not eat any solid foods. You may have clear liquids and are encouraged to drink liberally, at least 10 glasses. Clear liquids include: broth, plain Jell-O, punch, Kool-Aid, any pop, juice, coffee, tea, water or popsicles. If you drink or consume red colored products you may notice red colored bowel movements.

Purchase NuLytely Prep and follow these directions:

- **At NOON** Take 4 Dulcolax tablets with water
 - ♦ Do NOT chew or crush
 - ♦ Do NOT take the Dulcolax tablets within 1 hr. of taking an antacid
- **1:00 PM** Add lukewarm drinking water to top of line on bottle
 - ♦ Cap bottle and shake to dissolve the powder
 - ♦ The reconstituted solution will be clear and colorless. Use within 48 hours. Do not add anything else, such as flavorings, to the solution.
- **1:00-6:00 PM** After a bowel movement occurs (usually in 1-6 hours), begin to drink the solution.
 - ♦ Even if no bowel movement occurs after 6 hours, begin to drink the solution.
 - ♦ Drink ½ of solution over the next 3 hours. Drink each glass quickly rather than drinking small amounts continuously.

Your stools should begin after the first 4-6 glasses. Continue drinking once the stools have begun. They should become more and more liquid and become lighter in color. The prep is not complete until your stools are clear or light yellow water.

Do not eat solids until after your exam. You may have clear liquids up to the time of your exam.

Day of procedure:

Arrive on time and remember to bring someone to drive you home. You will need someone to stay with you after your procedure for the remainder of the day.

Any questions or concerns regarding this prep or procedure, please call (319) 362-5118 or (800) 728-5118.

Gatorade Prep for Colonoscopy

PURCHASE THESE 3 ITEMS: (no prescription necessary)

- One bottle of Miralax powder (238 grams)
- 4 Dulcolax laxative tablets
- One 64 oz. bottle of Gatorade Thirst Quencher (no red flavors)

5 days prior to procedure:

- Discontinue fiber supplements: Metamucil, Citrucel, Fiberall, etc.
- Do not take iron pills or vitamins containing over 15mg of iron.

Day prior to procedure:

You must stay on a clear liquid diet all day for breakfast, lunch and dinner! Clear liquids include: water, jello, juice (no pulp), Gatorade, lemonade, any pop, tea, black coffee, popsicles and clear bouillon. **No red liquids. No milk products.**

To prevent dehydration, drink plenty of clear liquids throughout the day!

At 3:00 PM take 4 Dulcolax tablets by mouth with a large glass of water.

At 5:00 PM mix the 238 gram bottle of Miralax in 64 oz. of Gatorade. Shake the solution until the Miralax is dissolved.

- Drink an 8 oz. glass every 10-15 minutes until the solution is gone.
- Continue drinking clear fluids (water, tea, clear fruit juices) until bedtime.

Important Reminders:

- No food or water after midnight the night before your procedure. This may vary if you are scheduled for an afternoon appointment.
- Please take heart, blood pressure, seizure or breathing medication with enough water to get them down at least 2 hours prior to the procedure. Be sure to talk with your doctor or nurse about other medications you are currently using.
- Bring a driver. You will be sedated for your procedure and unable to drive yourself home. You will need someone to stay with you after the procedure for the remainder of the day.

Any questions or concerns regarding this prep or procedure, please call (319) 362-5118 or (800) 728-5118.

Colonoscopy Prep for Dr. Robert Keating

Purchase these items:

- Two (2) bottles of Magnesium Citrate
- Two (2) Dulcolax Laxative Tablets

Day Before the Procedure:

- Start on clear liquids (this includes Gatorade, broth, tea, fruit juices without pulp, 7-Up, and water.) You may also have Jello, with the exception of red.) Be sure to drink plenty of fluids to stay well hydrated. **NO SOLID FOODS ALL DAY!**
- **At 10:00 AM:** Take two (2) Dulcolax tablets with a full glass of water or Gatorade/Pedialyte.
- **At 5:00 PM:** Take one bottle of Magnesium Citrate with four 8 ounce glasses of water or Gatorade/Pedialyte.
- **At 8:00 PM:** Take the second bottle of Magnesium Citrate with four 8 ounce glasses of water or Gatorade/Pedialyte.

Day of the Procedure:

- Do not eat or drink anything.
- Call endoscopy area in the morning if stools are not clear or the color of Mountain Dew.
- Arrive one hour prior to the procedure for registration.
 - ◆ Mercy Medical Center Digestive Health Center – 2nd Floor, North Entrance, park in ramp
 - ◆ St. Luke's Hospital Digestive Health Center – 4th Floor, East Entrance, reserved parking lot
 - ◆ Surgery Center Cedar Rapids – 1075 1st Avenue SE

You will need someone to drive you home after the procedure.