

Instructions for Colonoscopy Preparation with MoviPrep®

FOLLOW THESE INSTRUCTIONS FOR YOUR PREPARATION (Ignore instructions with the box.) Failure to take the prep as indicated below will result in a poorly cleansed colon and **cancellation** of the procedure. This is for your **safety** and to eliminate the possibility of having to repeat this procedure.

What You Will Need to Successfully Complete this Prep:

- Prior to your procedure have your prescription for MoviPrep® filled at the pharmacy.
- Purchase any clear liquids listed below.

DAY BEFORE YOUR PROCEDURE:

- Drink only **clear** liquids: Clear liquids consist of JELL-O®, apple juice, tea, black coffee, clear broth, soda, water, lemonade, Gatorade® and Popsicles® or any liquid you can see through; **AVOID RED AND PURPLE LIQUIDS. Solid foods, milk, or milk products are NOT ALLOWED.**

THE EVENING BEFORE YOUR PROCEDURE:

Beginning at 4:00pm:

1. Empty one (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 the solution ahead of time and refrigerate prior to drinking. The solution should be used within 24 hours.
2. The MoviPrep® container is divided by four (4) marks. Every 15 minutes, drink the solution down to the next mark (approximately eight (8) oz.), until the full container is complete. (Drinking a glassful as quickly as tolerated is better than sipping an ounce or two at a time).
3. After the above steps are complete, drink at least 16 oz. of the clear liquid of your choice.

DAY OF YOUR PROCEDURE:

- Continue a clear liquid diet.
- Drink the second part of your prep six (6) hours before your arrival time following steps 1, 2, 3.
- **Do not drink anything four (4) hours before your arrival time!!!**

Special Instructions _____

If you have any questions please call our office 860-347-4620.

Directions

▣ Directions to the Middlesex Endoscopy Center

From Points North or South

- Take Route 9 to exit 11, the Randolph Road Exit
- At the end of the ramp, turn right onto Randolph Road. Proceed to the light at the top of the hill.
- Turn left onto Saybrook Road. Proceed down Saybrook Road for about seven tenths of a mile. Pass Middlesex Hospital Outpatient complex.
- There will be a sign on your right, HERITAGE MEDICAL CENTER, 400, 410, and 420 Saybrook Road; turn right into the driveway.
- Follow the driveway and bear right to the second level. At the stop sign, turn left.
- The Endoscopy Center is in the second building. It has a green roof and the letter "D" over the main entrance.

From Points East of the Portland Bridge

- Take Route 66W over the Portland Bridge
- Remain straight on Main Street
- Main Street turns into Main Street Extension
- Main Street Extension turns into Saybrook Road
- Immediately after you go over the overpass there will be a sign on your left, HERITAGE MEDICAL CENTER, 400, 410, and 420 Saybrook Road; turn left into the driveway
- Follow the driveway and bear right to the second level. At the stop sign, turn left.
- The Endoscopy Center is in the second building. It has a green roof and the letter "D" over the main entrance.

▣ Directions to Middlesex Hospital

From Points North

- Take Route 9 South to Exit 13 (Route 17)
- At the light turn right onto Route 17
- Turn right onto Crescent Street (this is now a one-way street)

From Points South

- Take Route 9 North to Exit 12 (Bow Lane)
- Turn left onto Bow Lane
- At the stop sign, turn right onto Saybrook Road
- At the fourth left, turn onto the Route 9 off ramp for Route 17
- At the light turn right onto Route 17
- Turn right onto Crescent Street (this is now a one-way street)

From Points East of the Portland Bridge

- Take Route 66W over the Portland Bridge
- At the light turn left and follow onto Route 9 South
- Take Route 9 South to Exit 13 (Route 17)
- At the light turn right onto Route 17
- Turn right onto Crescent Street (this is now a one-way street)

Your Colonoscopy Brochure

Important information about your procedure

Your Procedure is scheduled for:

Date: _____

with Dr.: _____

Location: _____

Physician Offices

410 Saybrook Road, Suite 201 • Middletown, CT 06457

12 Bokum Road • Essex, CT 06426

1291 Boston Post Road • Madison, CT 06443

1353 Boston Post Road • Madison, CT 06443

14 Jones Hollow Road • Marlborough, CT 06447

825 Meriden-Waterbury Road • Southington, CT 06489

Phone (860) 347-4620 • Fax (860) 347-0521

www.middlesexgastro.com

What Occurs During a Colonoscopy?

During the procedure, your doctor will examine the lining of your colon for any abnormalities. If an abnormality, such as a polyp, is discovered, it may be removed and biopsied, with no discomfort to you.

The procedure is accomplished by providing you with intravenous sedation, and then slowly passing a flexible tube with a very small camera through the rectum into the colon, also called the large bowel. It is then slowly withdrawn, giving your doctor the opportunity to visualize the interior surfaces. Your doctor will also have the ability to remove tissue. Any tissue samples obtained will be sent to a laboratory for analysis. The results of your biopsy will be available to discuss with you in approximately **7 to 10 business days** after your procedure. Because the removal of tissue samples requires breaking the tissue surface, you may notice mild blood smears after your procedure. This should resolve on its own. For this reason you are also being provided with written instructions that include information on taking Coumadin®, Plavix®, and other blood thinners.

This procedure is relatively safe with minimal discomfort. Your doctor will go over any risks. As indicated above, you will receive sedation prior to starting your procedure. The sedative will relax you, make you sleepy, and decrease any discomfort you may feel. When the procedure is finished you will be brought to the recovery room so that your vital signs (blood pressure, pulse, temperature, and respirations) can be monitored. When you are stable, you will be given post-procedure instructions and discharged. Please review these before leaving so that all your questions may be answered. Additionally, it is absolutely necessary you have someone else drive you to and from your procedure as you will be too fatigued or sleepy to safely operate a motor vehicle.

In order for this procedure to be successful, your colon needs to be cleaned of all waste matter. Therefore it is very important that you follow your bowel prep instructions carefully. You may contact our office with any questions. Remember, an incomplete cleaning may require you to reschedule your procedure.

Colonoscopy Preparation Instructions

Clear Liquid Suggestions

You can have any of the following clear, non-alcoholic liquids

- Popsicles® (no red or purple)
- Clear broth or bouillon
- Black coffee and tea (regular or decaffeinated), with no cream, milk, or non-dairy creamer
- Clear juice, with no pulp (apple, white grape, and lemonade) NO orange juice is permitted
- JELL-O® (lemon, lime, or orange flavor) with no fruit or toppings
- Gatorade®, Powerade®, or Kool-Aid® (clear, green, or yellow)
- Soft drinks (Sprite®, ginger ale, 7-Up®, cola)

NOTE: None of these liquids should have red or purple dyes

For Patients Taking Coumadin® or Blood Thinners: Please discuss these medications with your gastroenterologist. You will need to stop taking these medications _____ days before your procedure. Please also tell your cardiologist or primary care doctor prior to stopping your Coumadin® or blood thinner.

Do not take any vitamins, herbal or diet medications prior to procedure. It is recommended that you stop using these **1 week** before your procedure. Please check with your physician regarding any prescription and over-the-counter medications that you may take.

For Patients Taking Insulin or Oral Hypoglycemics: _____

At least 2 weeks before your procedure, you need to have the following lab work, and/or an electrocardiogram (EKG) done.*

- Blood Work**
Take the form (lab slip) to one of the lab facilities listed on the form, to have lab work done. *Exception: PT/INR must be done in the early morning the day before your procedure.*
- EKG**
Take the form (lab slip) to one of the lab facilities listed on the form, to have an EKG.
- No blood work or EKG is required.

* This testing is necessary for anesthesia screening. Failure to submit all reports in a timely manner will result in cancellation of your procedure.

Colonoscopy Preparation Instructions (cont.)

The Day Before Your Procedure

For patients having the procedure at the Middlesex Endoscopy Center

You will need to call the center the day before your procedure, between **2:00 and 3:00pm**, to obtain your arrival time. The center can be reached at **(860) 343-1240**. In regard to your medical history, the center will call you ahead of time.

For patients having the procedure at Middlesex Hospital

You will receive a call the day before your procedure, between 2:00 and 5:00pm, to obtain your arrival time and to conduct a medical history.

The Day of Your Procedure

1. Do not drink four (4) hours before your scheduled arrival time!
2. Do not put anything in your mouth four (4) hours before your arrival time. (i.e. gum, hard candy, mints, ice cubes, etc.)
3. Dress in loose, comfortable clothing, and do not bring any valuables (including jewelry) with you.
4. Bring a valid picture ID and insurance card to your procedure.
5. Please note: You must have a responsible adult drive you to and from your procedure, and stay with you overnight. Have your designated driver arrive to your procedure location two hours after your arrival time. This is an estimated length of time. We appreciate your patience; some procedures take longer than others. You cannot drive. A taxi or a bus can be used after the procedure if an adult accompanies you. If this is not followed your procedure **will be cancelled**.

Additional Suggestions:

1. Apply protective ointment to rectal area before starting prep and re-apply as needed (i.e. diaper rash ointment)
2. Use generic baby wipes to help reduce toilet paper irritation. (Do not flush)

Please Note:

1. Please be aware of your copayments and deductibles. They are due at the time of service. Call your insurance company for more information.
2. All Non-Medicare patients should ask your insurance company if your coverage changes if polyps are found during your procedure.
3. Whether your procedure is scheduled at the Middlesex Endoscopy Center or Middlesex Hospital you will receive charges from the doctor, facility, pathologist, lab, and anesthesiologist.