



COLON AND RECTAL CENTER OF ARIZONA

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www.crcaz.com

A member of Arizona Associated Surgeons

Your Appointment: Time & Date _____

- ___ Surgicenter 1040 E McDowell Phoenix, AZ 85006 / 602-258-8687
- ___ St. Joseph's Hospital 350 W Thomas Rd Phoenix, AZ 85013 / 602-406-3533
- ___ Banner Thunderbird Outpatient 5555 W Thunderbird Rd Glendale, AZ 85306 / 602-865-5513
- ___ Boswell Hospital 10401 W Thunderbird Rd Sun City, AZ 85305 / 623-876-5334
- ___ Arrowhead Hospital 18701 N 67th Ave Glendale, AZ 85308 / 623-561-1000
- ___ Arrowhead Endoscopy/Pain Treatment Center 18699 N 67th Ave Glendale, AZ 85308 / 623-376-8600
- ___ Banner Estrella Outpatient 9301 W Thomas Rd Phoenix, AZ 85037 / 623-388-5750
- ___ JCL Deer Valley Hospital 19829 N 27th Ave Phoenix, AZ 85027 / 623-879-6100
- ___ JCL Deer Valley OP Endo 19646 N 27th Ave Phx, AZ 85027 / 623-879-6100

Colonoscopy Bowel Prep Instructions **Movi-Prep**

You are scheduled to have a colonoscopy, which requires a thorough cleansing of the colon prior to the procedure. **You will be given a prescription for MoviPrep solution.** The process will require that you follow the instructions listed below very carefully. If you have any problems or questions, please call our office.

- You will be on a **CLEAR LIQUID DIET ONLY STARTING THE DAY BEFORE YOUR PROCEDURE**- For breakfast, Lunch, and Dinner you may drink only clear liquids: Gatorade, tea, coffee, apple juice, white grape juice, pop, clear broth, popsicles, plain Jell-O and water. **(NOTHING THAT HAS RED OR PURPLE ARTIFICIAL FOOD COLORING) NO SOLID FOOD CAN BE CONSUMED UNTIL AFTER YOUR COLONOSCOPY**
- If you are starting your bowel preparation in the evening, you must consume at least 2 liters of clear liquid throughout the day before starting the MoviPrep Solution.
- Take the first dose of MoviPrep at _____ FOLLOW THE INSTRUCTIONS ON THE REVERSE SIDE OF THIS PAGE
- Take the second dose of MoviPrep at _____ FOLLOW THE INSTRUCTIONS ON THE REVERSE SIDE OF THIS PAGE
- **Stop taking liquids 4 hours prior to your appointment time. Nothing to eat or drink 4 hours prior to your scheduled colonoscopy.**

IMPORTANT: AFTER TAKING YOUR 1ST DOSE, YOU MUST WAIT 11-12 HOURS BEFORE TAKING YOUR 2nd DOSE.

The bowel preparation will cause you to have diarrhea – your goal is clear “stools” with little or no particulate matter

DO NOT SKIP IMPORTANT MEDICATIONS! If you normally take your medications in the morning, do so with a small sip of water. If you are scheduled to have your second dose of movi prep in the morning, take any medications after that dose.

DO NOT TAKE ASPIRIN OR BLOOD THINNERS FOR 7 DAYS BEFORE YOUR COLONOSCOPY UNLESS YOU HAVE CLEARED THIS WITH YOUR SURGEON! YOUR PROCEDURE MAY BE CANCELLED!

Because of the anesthetics that you will be given, **you MUST arrange to be accompanied and driven home by a friend or relative after your colonoscopy.** Plan to be at the facility for at least 2 hours. You must arrive one hour prior to the scheduled time. You cannot drive or make legal decisions for the remainder of the day

If you are scheduled for a “SCREENING COLONOSCOPY” and the doctor finds/biopsies/removes any polyps, your colonoscopy will be billed as a “DIAGNOSTIC COLONOSCOPY” This may result in a higher patient out-of-pocket expense, depending on your insurance.

If the doctor takes a biopsy during the exam, we will call you with the results. If you have not heard from our office within one week, please call us.

If you have any questions or concerns you may call the office at the numbers above. After hours, the office message will refer you to an emergency contact number

Use only under direction by Dr Forstner-Barthell or Dr McClary Copyright Colon and Rectal Center of Arizona, 2009.3



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Patient Instructions—Split-Dose Regimen

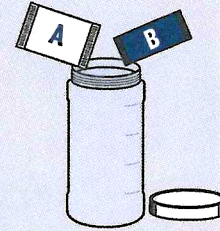
The MoviPrep carton contains 4 pouches and a disposable container for mixing. You must complete the entire prep to ensure the most effective cleansing.

The evening before your colonoscopy beginning at: _____

STEP 1 MIX FIRST DOSE

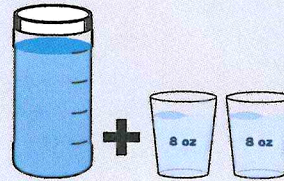
- Empty 1 Pouch A and 1 Pouch B into the disposable container
- Add lukewarm drinking water to the top line of the container. Mix to dissolve

If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.



STEP 2 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



Clear liquids include water, ginger ale, apple juice, Gatorade**, lemonade, and broth. No red or purple liquids.

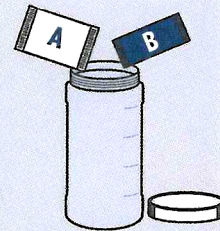
Ask your doctor if you have any questions about whether a particular drink is acceptable.

The morning of your colonoscopy beginning at: _____

STEP 3 MIX SECOND DOSE

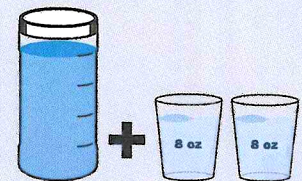
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If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.



STEP 4 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



A colonoscopy prep causes the body to lose a significant amount of fluid and can result in sickness due to dehydration. It's important that you prepare your body by drinking extra clear liquids before the prep. Stay hydrated by drinking all required clear liquids during the prep. Replenish your system by drinking clear liquids after returning home from your colonoscopy.