Colonoscopy Preparation: Low Volume
Moviprep®/Prepopik®/Suprep®

A nurse will be calling you on ________________ to go over these instructions. Please keep these instructions in a convenient place so that you can use them during the phone call.

APPOINTMENT DATE

Day: _____________________________________________
Time: _________________________________ a.m.  p.m.

The day before your procedure, the Endoscopy Center will call you between 12 p.m. (noon) and 2 p.m. with your arrival time for the next day. If you do not get a call by 2 p.m. on that day please call 716-845-1424.

Questions?

Please call the Endoscopy Nurse at: 716-845-8546 or 716-845-1424

What Is A Colonoscopy?

A colonoscopy is a test that lets your doctor:
- see the inside of your large intestine or colon
- take a biopsy (a small amount of tissue from the inside of your colon for examination under a microscope)
- remove polyps (lesions on the lining of the colon)
- control or prevent bleeding
- stretch an area that has narrowed
The doctor inserts a colonoscope (a long, flexible, lighted instrument) through the anus, and gently guides it through the colon. The test usually takes 30-60 mins.

Body waste (stool) in the colon can hide disease and cause the procedure to last longer. **You must empty your colon completely.** If you do not, you may have to repeat the exam at another time.

**General Information**

- **On the day of your test, you must bring a responsible adult with you to your procedure who can take you home. If you do not we will cancel your procedure.**
- We ask that your responsible person come with you and stay the entire time. This allows the doctor to meet them and explain the test results in the recovery room. The procedure and recovery take approximately 3-4 hours.
- If you are coming by medical transportation or a cab, you must have a responsible adult accompany you.
- If you are dropped off and will be picked up by your driver, we must verify this with a phone call before the start of your procedure.
- Please tell your nurse or doctor if you may be pregnant.

**Medication Instructions**

- When you speak with the nurse, please have a list of all the medications you take, including over-the-counter medicines, herbals, supplements, and vitamins.
- Some over-the-counter and prescription medications can interfere with normal blood clotting and may increase the risk of bleeding.
- **If your doctor gives you different instructions, ALWAYS follow your doctor’s instructions.**

<table>
<thead>
<tr>
<th>7 days (1 week) before the procedure, stop taking:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• vitamins, herbal medications, supplements</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>3 days before the procedure, stop taking non-steroidal anti-inflammatory medications (NSAIDs) such as:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• diclofenac (Voltaren®)</td>
</tr>
<tr>
<td>• etodolac (Lodine®)</td>
</tr>
<tr>
<td>• ibuprofen (Advil®/ Motrin®)</td>
</tr>
<tr>
<td>• ketoprofen</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>1 day (24 hours) before your procedure, stop taking:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• enoxaparin (Lovenox®)</td>
</tr>
</tbody>
</table>
If you take medications to treat/prevent blood clots, ask your doctor when, or if, you should stop them before surgery.

Apixaban (Eliquis®)    Prasugrel (Effient®)
Cilostazol (Pletal®)    Rivaroxaban (Xarelto®)
Clopidogrel (Plavix®)   Ticagrelor (Brilinta®)
Dabigatran (Pradaxa®)  Ticlopidine (Ticlid®)
Dalteparin (Fragmin®)  Tinzaparin (Innohep®)
Eptifibatide (Integrilin®)  Tiofiban (Aggrastat®)
Fondaparinux (Arixtra®)  Warfarin (Coumadin®)
Lepirudin (Refludan®)

Take the following medications the morning of your procedure as instructed by the endoscopy nurse.

______________________            ______________________
______________________            ______________________
______________________            ______________________
______________________            ______________________

Instructions for Bowel Preparation

Bowel preparation solution: Your doctor will send a prescription for the recommended solution and laxative tablets.

Call us at 716-845-8546 if your pharmacy did not receive the prescriptions.

The Day Before Your Test   Date: _____________

• **You will be on a clear liquid diet ALL day for any prep listed here.** You may drink as much clear liquids as you can tolerate throughout the day and during your prep.

• **Follow the bowel prep that was prescribed for you.** There are three different bowel prep instructions in this brochure. Each is in a different color – **Moviprep (blue)**, **Prepopik (purple)**, and **Suprep (red)**. See instructions on the following pages.

**NOTE:** If you vomit during your prep, stop for 1 hour, and then begin drinking again. If this reoccurs and you feel you can’t complete the prep, STOP and call **716-845-1424**. Leave a message and we will contact you the next business day to reschedule your appointment with a different prep.
Suggestions for a Clear Liquid Diet

Remember to avoid all red and purple dyes in your liquids.

- Soft drinks (orange, ginger ale, cola, lemon/lime, etc.)
- Sports drinks (Gatorade or Powerade) or Kool-Aid
- Fruit juice without pulp (apple, lemonade, white cranberry, white grape)
- Water, flavored waters, tea or coffee (you can add sugar, but **NO milk or creamers**)
- Chicken, beef, vegetable broth or bouillon – no added meats, noodles, or vegetables
- Hard candy
- Jell-O
- Popsicles or lemon ice (no sherbets, sorbets, or fruit bars)

Moviprep Instructions

You will receive 4 packets, 2 A packets and 2 B packets

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Date ____________ at 4:30 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Step 1</strong></td>
</tr>
<tr>
<td></td>
<td>Pour 1 Packet A and 1 Packet B into an empty container. Add water to the top line of container.</td>
</tr>
<tr>
<td></td>
<td><strong>Step 2</strong></td>
</tr>
<tr>
<td></td>
<td>Moviprep is divided by 4 marks on the container. Every 15 minutes, drink the solution down to the next mark (about 8 ounces) until the liter is gone.</td>
</tr>
<tr>
<td></td>
<td><strong>Step 3</strong></td>
</tr>
<tr>
<td></td>
<td>Drink 16 ounces of clear liquids of your choice. This is a necessary step to keep you hydrated and make the prep effective.</td>
</tr>
</tbody>
</table>

| 12 am midnight | After midnight, **do not eat or drink anything EXCEPT remaining bowel prep.** |

<table>
<thead>
<tr>
<th>Day 2</th>
<th>Date: Start 6 hours before your arrival time</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>STEP 1</strong></td>
</tr>
<tr>
<td></td>
<td>Pour 1 Packet A and 1 Packet B into empty container. Add water to the top line.</td>
</tr>
<tr>
<td></td>
<td><strong>STEP 2</strong></td>
</tr>
<tr>
<td></td>
<td>Moviprep is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 ounces) until the full liter is gone.</td>
</tr>
<tr>
<td></td>
<td><strong>STEP 3</strong></td>
</tr>
<tr>
<td></td>
<td>Drink 16 ounces of clear liquids of your choice. This is a necessary step to keep you hydrated and make the prep effective.</td>
</tr>
</tbody>
</table>
# Prepopik Instructions

You will receive 2 packets of Prepopik.

## Day 1

**DATE: ____________ Start at 4:30 pm**

**Step 1**

Fill the dosing cup with water up to the lower line (5 ounces).

**Step 2**

Pour 1 entire packet into cup, stir for 3 minutes until powder is dissolved.

**Step 3**

Drink **ALL** the liquid in container.

**Step 4**

Drink five 8 ounce (upper line) cups of clear liquids over the next 5 hours.

### 12 am midnight

After midnight, **do not eat or drink anything EXCEPT remaining bowel prep.**

## Day 2

**Date ________ Start 6 hours before arrival time**

**Step 1**

Fill the dosing cup with water up to the lower line (5 ounces).

**Step 2**

Pour 1 entire packet into cup, stir for 3 minutes until powder is dissolved.

**Step 3**

Drink **ALL** the liquid in container.

**Step 4**

Drink three 8 ounce (upper line) cups of clear liquids.

Finish prep at least 4 hours before your arrival time.
**Suprep Instructions**

You will receive two 6 ounce bottle of Suprep.

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Date ____________ at 4:30 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Step 1</td>
<td>Pour one 6 ounce bottle of Suprep liquid into the mixing container.</td>
</tr>
<tr>
<td>Step 2</td>
<td>Add water to the 16 ounce line on the container and stir.</td>
</tr>
<tr>
<td>Step 3</td>
<td>Drink ALL the liquid in the container.</td>
</tr>
</tbody>
</table>

**IMPORTANT**

Step 4

You must drink 2 more 16 ounce containers of water over the next hour.

| 12 am midnight | After midnight, do not eat or drink anything EXCEPT remaining bowel prep. |

<table>
<thead>
<tr>
<th>Day 2</th>
<th>Date:__________Start 6 hours before arrival time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Step 1</td>
<td>Pour one 6 ounce bottle of Suprep liquid into the mixing container.</td>
</tr>
<tr>
<td>Step 2</td>
<td>Add water to the 16 ounce line on the drinking container and mix.</td>
</tr>
<tr>
<td>Step 3</td>
<td>Drink ALL the liquid in the container.</td>
</tr>
</tbody>
</table>

**IMPORTANT**

Step 4

You must drink 2 more 16 ounce containers of water over the next hour.
The Day of the Procedure – At Home

• Take your medications as previously instructed.
• Remove all piercings and jewelry, including rings.
• No contact lens.
• Do not apply body lotions or powder after taking your shower.
• **Remember to come with a responsible driver who can take you home or we will cancel your procedure.** If you are dropped off and will be picked up by your driver, we must verify this with a phone call before the start of your procedure.

The Day of the Procedure – At the Hospital

• If instructed to do so, please stop at the Registration Desk in the Main Lobby. Please bring photo ID and insurance cards.
• Proceed to 3 West/Ambulatory Surgery Center on the third floor and check in with the receptionist.
• Be prepared to spend 3-4 hours at the hospital. There may be reasons why your appointment runs late. Our goal is to provide the best care for all of our patients.
• A staff member will come to the waiting room and bring you to a room to get ready for the procedure.
• The medical team will:
  o take your weight, check your blood pressure, pulse, and breathing rate
  o start an IV (a way of delivering medications and fluids directly through your vein)
  o review medical history
  o explain the procedure
  o ask you to sign a consent form
• If you have any questions or concerns, your doctor will answer them before the procedure.
• In the procedure room, you will receive sedation medication through an IV that will make you more comfortable during your procedure. You will feel sleepy, during the procedure.
• A nurse and doctor will remain with you during the procedure.

After Your Procedure

• You will go to a recovery area and stay there until most of the effects of your medication have worn off and your doctor believes it is safe for you to leave with the assistance of your responsible driver.
• Your doctor will discuss the results of the procedure with you after you are awake.
• If any tissue (polyps, suspicious lesions, etc.) was removed, we will call you in 7 business days after the procedure with the results. If you have not received your results in 7 days, please call the Endoscopy Coordinator at: **716-845-1300 Ext: 2853 or Ext: 4225**
Home Care

- If your anal area is sore or irritated, use medicated pads (Tucks®) and petroleum jelly (Vaseline®) to help soothe the skin.
- Do not drive a car, operate machinery, or go to work until the day after your upper endoscopy.
- Resume diet as directed by your physician

When to Call the Doctor

Call your doctor right away, if you have:
- severe abdominal pain
- rectal bleeding of more than 4 ounces (1/2 cup or 118 milliliters)
- fever above 100.5°F (38°C) and chills
- dizziness or weakness

Call the Endoscopy Center at 716-845-1424 or 716-845-1300, Ext 2853 or Ext 4225.

The Center is open Monday - Friday, 8 a.m. – 5 p.m. After hours, please call 716-845-2300 and our Call Center staff will assist you. If it is determined you need to be seen, you may be asked to come to our Assessment & Treatment Center (ATC), which is open 24/7.

If you feel you are in a life-threatening situation, call 911 or go to the nearest hospital emergency room.

Please contact your doctor at Roswell Park and let them know you have gone to the hospital. If you cannot make the call, please ask the doctor in the Emergency Department to contact us.