



TAYLOR STATION

Surgical Center

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COLONOSCOPY INSTRUCTIONS: PLEASE READ CAREFULLY

Start a clear liquid diet the day before your scheduled colonoscopy. This includes clear or strained fruit juices, jello (no red jello), clear broths, coffee, tea, and other bottled beverages such as sodas and sports drinks. **No milk or milk products.**

Stop drinking 3 hours before your colonoscopy except for small sips of water to take your medications, if needed. Continue your clear diet up until 3 hours before your colonoscopy.

You must continue your essential medications according to schedule. If you are diabetic, call your doctor who prescribes your diabetic medication to determine what dosage you need the day before your colonoscopy. Do not take your diabetic medication the morning of your colonoscopy. You must be off your BLOOD THINNER, COUMADIN 4 days before, PLAVIX 7 days before your colonoscopy. Please OK these changes with your Primary Care Physician or Cardiologist before stopping your COUMADIN or PLAVIX.

Please let us know if you have had a Prosthetic Heart Valve or joint replacement surgery within the last 6 months. You may need antibiotics before your colonoscopy.

Please look at the additional bowel preparation instructions, which must take place the day before and day of your colonoscopy.

Your colonoscopy has been scheduled at TSSC. Plan to arrive 90 minutes before your scheduled colonoscopy time.

You will not be allowed to drive yourself home after this procedure so please arrange transportation prior to your colonoscopy. You will be at the facility 2 to 3 hours total. You can return to your normal activities the day after your colonoscopy.

What to do the Day Before Your Colonoscopy

DO NOT eat or drink milk on the day of the prep. (drink clear liquids only).

The MoviPrep kit contains: 2 pouch A packets, 2 pouch B packets & 1 disposable container.

STEP 1. Prior to 6 pm MIX SOLUTION

- Combine one of the pouch A packets with one of the pouch B packets (the other two packets are for your second dose of MoviPrep)
- Add lukewarm drinking water to the top line of the container. Mix to dissolve.

STEP 2. 6:00 pm DRINK ALL THE SOLUTION

- 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 complete.
- Drink 16 oz. of the clear liquid of your choice.

STEP 3. 7:00 pm – 8:30 pm WAIT FOR A BOWEL MOVEMENT

- Wait for a bowel movement (usually in 1 to 6 hours)

STEP 4. 7:00 pm MIX ANOTHER CONTAINER OF SOLUTION AND REFRIGERATE

STEP 5. 3-4 HOURS BEFORE YOU LEAVE YOUR HOME TO GO TO YOUR COLONOSCOPY

- Repeat Steps 1&2
- See steps 1&2 above

***It is important to drink plenty of clear liquids while prepping for your colonoscopy.

**Tip: You may add one “On the Go” Crystal Light Raspberry Lemonade packet to each dose of MoviPrep to enhance flavor

Clear Liquids

Your doctor has ordered 24 hours of clear liquids for you to help prepare your body before your test or surgery. Do not eat solid foods during this time.

*****Nothing in red*****

You may have these liquids:

- Water
- Soft drinks
- Gatorade and other sports drinks
- Kool-Aid (no red)
- Clear juices: apple, white cranberry, white grape, (no orange juice)
- Strained lemonade, fruit punch, powdered fruit mixes
- Tea, decaffeinated tea- no cream or non dairy creamer
- Coffee, decaffeinated coffee- no cream or non dairy creamer
- Broth, bouillon
- Jell-O (no red)
- Popsicles (no red)
- Hard candy, honey, sugar

You may NOT drink:

- Milk, smoothies or other dairy products
- Orange juice, fruit nectars or vegetable juices
- Alcohol

You may want to limit liquids with caffeine. These can upset an empty stomach.

If you are scheduled in the afternoon, the day before your procedure, you may have a light breakfast before 8 am. Lite Breakfast: 1 cup of black coffee, 1 poached egg, 1 piece of dry toast.