

CLEAR LIQUID DIET INSTRUCTIONS

Enjoy plenty of these items: No Solid Food

- Clear broth: Beef, Chicken, or Vegetable
- Juices: apple, prune, white grape, white cranberry, lemonade (no pulp)
- Sodas
- Tea or Coffee (without creamer, liquid or powder), may use sugar or sweetener
- Clear colored gelatin (without fruit), no red
- Popsicles (without fruit or cream)
- Italian Ices (no strawberry or cherry)
- Hard Candy
- Ensure without fiber
- Diabetics may take Glucerna
- Water

These liquids are NOT allowed

- Milk, Cream, or Milkshakes
- Tomato, Orange, Grapefruit Juice (cloudy juices with pulp)
- Cream Soups
- Oatmeal or Cream of Wheat
- Nothing artificially **RED** in color

IF YOU HAVE ANY QUESTIONS REGARDING THE ABOVE INSTRUCTIONS, PLEASE CONTACT OUR NURSES

AT 757 547-2673.

FREQUENTLY ASKED QUESTIONS

1. **Why avoid red liquids?** The artificial red food color can persist in the colon and look like blood.
2. **I feel nauseous and don't think I can drink any more of the prep solution. What should I do?** It is important that you continue to drink the solution if possible. Without a clean bowel, the doctor will not be able to see the inside of your colon to complete the examination. If you feel sick, wait 30 minutes and slowly begin drinking the solution again.
3. **I drank a lot of the solution and have not gone to the bathroom yet. What should I do?** Keep drinking. Most people have a bowel movement after an hour; some patients may take two hours or longer.
4. **I am taking the prep and now having loose, watery stools. Do I still need the rest of the prep?** Yes, you may have solid stool higher in the colon that still needs to be eliminated.
5. **My bottom is so sore. What can I do?** To clean the area, avoid rubbing. Gently pat dry with a wet washcloth. Use baby wipes on the area, tucks pads or try a diaper rash ointment.
6. **Can I drink nutritional supplements?** You may drink Ensure (chocolate or vanilla) or Slim-Fast with Soy Protein/Lactose Free. These drinks are water based, not milk based. Glucerna for diabetic patients.
7. **Can I chew gum or suck candy?** Yes, but nothing with soft centers or red color.
8. **What can I take for headaches and pain relief?** You may take Tylenol as directed.
9. **Can I have the colonoscopy if I am on my menstrual period?** Yes, the procedure can still be performed. We ask that you use a tampon if possible (not absolutely necessary).
10. **Can I brush my teeth?** Please do.

COLONOSCOPY PREPARATION

**with
MoviPrep**

Procedure Location:

- ◇ **Camelot Professional Center**— 1800 Camelot Drive, Suite 400, Virginia Beach
- ◇ **Virginia Beach General Hospital**- Endoscopy Department
- ◇ **Sentara Bayside Hospital**—Outpatient Admitting Department

Patient Name

Procedure Date

PLEASE CHECK IN ON TIME

Arrive at Location at

Gastroenterology Consultants

A division of Gastroenterology and Liver Specialist of Tidewater, PLLC.

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5320 Providence Road Suite 204

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PREPARING FOR YOUR COLONOSCOPY

Please read the following instructions carefully. You will be receiving intravenous (IV) sedation. You **must** have an adult companion (family member or friend) to take you home. You may not drive or leave the Endoscopy Center alone or in a taxi.

The actual procedure lasts approximately 1 hour, and then you will remain in Endoscopy until you recover from sedation, approximately an additional 30 minutes. Your driver must pick you up in Endoscopy. Your procedure will be cancelled if your ride cannot be confirmed.

7 DAYS PRIOR TO YOUR COLONOSCOPY

1. Discontinue all aspirin, non-steroidal medications (i.e. Advil, Motrin, Naprosyn) or anti-inflammatory, arthritis (mobic, voltaren, etc).
2. Iron pills should not be taken for seven days prior to your colonoscopy.
3. Review and plan dietary needs. Purchase a selection of items from the "Clear Liquid Diet", list on back of this brochure.
4. Fill your MoviPrep prescription.

1 DAY PRIOR TO YOUR COLONOSCOPY

1. Starting at 7 a.m. consume only **clear liquids** until 1 hour prior to your colonoscopy.
2. Take plenty of fluids; the prep is dehydrating. More fluids will make it easier for the hospital staff to start your IV. See "Clear Liquid Diet".
3. At **6:00 p.m.** Mix the first container of MoviPrep according to directions on package. Drink 8 ounces of prep solution every 15 minutes until the solution is gone.
4. At **8:00 p.m.**, Mix the second container of MoviPrep according to directions on package. Drink 8 ounces of prep solution every 15 minutes until gone.
5. If you should become nauseated, stop drinking the prep for 30 minutes, and then finish the laxative more slowly.

THE DAY OF YOUR COLONOSCOPY

1. Take nothing further to drink for at least an hour before your colonoscopy.
2. Take all of your usual medication(s) with a sip of water unless directed otherwise. **Review medication guidelines.**
3. Do NOT bring your valuables with you.
4. Bring ID and insurance card.

PLEASE NOTE

It is extremely important to follow the preparation listed above, so the doctor will be able to see your colon clearly. Your colon must be clean of any stool. Poor preparation limits the value of this procedure, and could necessitate rescheduling of the examination. **DO NOT** exceed the recommended dosage for colon preparation, as serious side effects may occur.

MEDICATION GUIDELINES

1. **Do not take aspirin or aspirin products** (such as Alka-Seltzer, Ibuprofen, Nuprin, Advil, Aleve, or Motrin) for seven days prior to procedure. For any discomfort or headache, you may take Tylenol.
2. If you are taking **coumadin (Warafin), Plavix, or other blood thinner**, contact your prescribing physician for instructions on when to stop taking this medication.
3. If you are taking medication for high blood pressure, seizures, an infection (antibiotics), heart problems or prednisone, you may take these medications, the morning of the procedure (at least two hours) before the procedure with a sip of water.
4. **Do not take** any diuretics/fluid pills until after the completion of the procedure.
5. If you are **diabetic**—please **do not** take your diabetic medications on the day of your procedure until after the examination is over and you have eaten.
6. If you have sleep apnea **and** wear a CPAP mask, please **bring your mask and machine** with you.

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