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GASTROINTESTINAL DIAGNOSTIC CENTER  
700 GEIPE ROAD, SUITE 220  
CATONSVILLE, MD 21228  
410-242-3636  
COLONOSCOPY

410-247-7500  
X207 Jessica

DATE: \_\_\_\_\_

ARRIVAL TIME: \_\_\_\_\_

APPOINTMENT TIME: \_\_\_\_\_

GENERAL INSTRUCTIONS:

This procedure will be performed at the Gastrointestinal Diagnostic Center (GIDC), 700 Geipe Road, Suite 220. A colonoscopy takes approximately 20-30 minutes. You will then be taken to the recovery room, where you will remain approximately 1 hour.

You will be sedated for this procedure and will not be allowed to drive home or return to work after the procedure. Please arrange for a responsible adult to transport you to and from the center.  
**YOUR PROCEDURE WILL BE CANCELLED IF YOU DO NOT HAVE A RESPONSIBLE ADULT WITH YOU.**

MEDICATIONS:

1. If you are taking iron medications discontinue 10 days prior to preparation.
2. If you are taking aspirin, or aspirin containing medications, discontinue 7 days prior to preparation.
3. Arthritic medications should be discontinued 4 days prior to preparation.
4. If you are taking Metamucil, Colace, Pericolace, or a similar product, discontinue 2 days prior to preparation.
5. If you are **Diabetic**, please discuss your medication with your physician.  
Take ½ dose of \_\_\_\_\_ the day before your procedure, and none the morning of your procedure.
6. If you are taking antibiotics, you may continue as instructed.
7. Coumadin or other blood thinners may be stopped for several days prior to the procedure. Please discuss this with your physician.
8. Do not take any tranquilizers on the morning of your procedure, because you will have sedation.
9. If you are taking medication for your heart, you may take your medication with 4 oz. of water the morning of your procedure.
10. If you are taking medication for high blood pressure, please discuss this with your physician.
11. Please notify your physician if you are unable to complete your preparation for this procedure.

STOP: \_\_\_\_\_ prior to your procedure.

## MOVIPREP INSTRUCTIONS

It is extremely important for you to be hydrated before any bowel prep. Please drink extra water a few days prior to your prep day.

The first day of your preparation is \_\_\_\_\_ you may have a light breakfast such as: Cereal, Oatmeal, Cream of Wheat or a Scrambled Egg. You will then be on a clean liquid diet.

### Clear Liquids

|                                  |                       |
|----------------------------------|-----------------------|
| Water                            | Apple Juice           |
| Clear Broth or Bouillon          | Powdered Lemonade     |
| Coffee or Tea (Sweetened, Black) | Jello (Lemon or Lime) |
| White Grape Juice                | Gatorade              |
| Clear Soft Drinks                | Lemon Italian ice     |
| Ice popsicles                    |                       |

### DO NOT DRINK ANYTHING RED, ORANGE OR PURPLE.

#### Beginning at 4:00PM

**Step 1:** 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. ( You may add Powdered Lemonade or a Tea bag). You may refrigerate prior to drinking.

**6:00PM Step 2:** The MoviPrep container is divided by 4 marks. Every 15 minutes you will drink the solution down to the next mark (approximately 8oz), until the full liter is consumed.

**Drink 16oz of any clear liquid. This is a necessary step to ensure adequate hydration and an effective prep.**

**8:00PM Step 3:** 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. You may refrigerate prior to drinking.

**10:00PM Step 4:** The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8oz), until the full liter is consumed.

**Drink 16oz of any clear liquid. This is a necessary step to ensure adequate hydration and an effective prep.**

#### Continue drinking clear liquids

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**Continue drinking clear liquids**

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The day before your procedure is \_\_\_\_\_ you will be on a clear liquid diet the entire day. **NO SOLID FOOD!!!**

### Clear Liquids

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**\*\*You may not have anything by mouth after Midnight\*\***