

## COLONOSCOPY PREP

- Register at the location of your procedure as indicated below at least 2-3 days prior to your procedure. On the day of your procedure, \_\_\_\_\_, please arrive at the designated area at \_\_\_\_\_.
  - Memorial Hermann Surgical Hospital First Colony
  - Memorial Hermann Sugar Land Ambulatory Surgery Center (ASC)
  - Other: \_\_\_\_\_
- Because you will be receiving sedation with anesthesia, please make arrangements for someone to be responsible for driving you home after your procedure.
- ***Because you will be receiving sedation with anesthesia that can impair your memory and the fact that we do not receive Pathology results until two business days after your procedure, please contact our office two business days following your procedure to obtain results.***
- **Clear Liquids** permitted the day before your procedure \_\_\_\_\_: Broth, Bouillon, Jell-o, Black Coffee, Tea, Apple Juice, Grape Juice, Gatorade, Cranberry Juice and Soda. **To insure a good prep result, hydration is very important. Please be sure you are well hydrated the day before your procedure.**
- You **MAY NOT** have any solid food, Orange Juice, Grapefruit Juice, Tomato Juice, Pineapple Juice, Milk or Alcohol.
- **Medications the day of the Procedure**
  - If you take Blood Pressure or heart medication, take your medication the morning of your procedure with a **small** sip of water at least 2 hours prior to arriving for your procedure. All other medication can be taken later in the day after the procedure.
  - **For diabetic patients:** No Diabetes meds the night before or morning of your procedureIf you are on blood thinner medication: \_\_\_\_\_

### Two Day Prep

- Clear Liquids from the time you wake up on \_\_\_\_\_ and \_\_\_\_\_.
- Buy 2 bottles of Magnesium Citrate. Take one bottle at 7:00 pm on \_\_\_\_\_ and the second bottle at 7:00 pm on \_\_\_\_\_.
- **NOTHING BY MOUTH** past midnight on \_\_\_\_\_. **See reverse side**

\_\_\_\_\_ **MoviPrep** (Kit contains 1 disposable container, 2 Pouch A's & 2 Pouch B's)

- Clear Liquids from the time you wake up the day **before** the procedure

**STEP ONE**

- On \_\_\_\_\_ at noon - Empty one **Pouch A** & one **Pouch B** into the disposable container. Fill the container to the top line with luke warm water. Mix it well. You may add any flavor of Crystal Light to flavor this solution/ **Chill prior to drinking.**

*This reconstituted solution should be used within 24hours.*

**STEP TWO**

- At \_\_\_\_\_ pm Start drinking the MoviPrep 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 an additional 16 oz. of the clear liquid of your choice.

**\*\*After completion, repeat STEP 1 and refrigerate for second dose.\*\***

On \_\_\_\_\_, at \_\_\_\_\_ p. m. > Repeat Step 2

**\*\*Nothing by mouth past midnight!\*\***

\_\_\_\_\_ **SUPREP** (Kit contains 2-6oz bottles and a mixing container)

**Day before the procedure \_\_\_\_\_ at \_\_\_\_\_ pm**

- Step One : Pour one 6 oz. bottle of SUPREP liquid into mixing container
- Step Two: Add cool drinking water to the 16 oz.line on the container & mix.
- Step Three: You may add Crystal Light flavor. **Drink all liquid in container**
- Step Four: You **must** drink 2 more 16 oz. containers of water over the next hour.

**Day before the procedure \_\_\_\_\_ at \_\_\_\_\_ pm**

- Repeat steps one through four using the other 6 oz. bottle.

**Nothing by mouth after midnight**