

DO NOT DISCARD

**Colonoscopy
Prep Instructions**

MoviPrep

Morning Procedure



Welcome to the GI Diagnostic Lab at Froedtert & the Medical College of Wisconsin. The information in this packet will guide you through all the steps involved in your visit.

You are scheduled for a colonoscopy

Date: _____

You will find the following in this packet:

- Appointment Confirmation (page 2)
- Explanation of Procedure (page 3)
- Explanation of Sedation (page 4)
- Preparing for Your Procedure (page 5)
- How to Prep for Your Colonoscopy (page 6)
- Low Residual Diet (page 7)
- Clear Liquid Diet (page 8)
- A map to the GI Diagnostic Lab (page 9)

Please review the information below so that you are prepared for your procedure.

A nurse will call you one week before your procedure. The nurse will review your health history and current medications, and go over the prep instructions. The nurse will answer any questions you have about the procedure.

If you have questions before the nurse contacts you please call **414-805-2499** and leave a message on the nurse line. Your call will be returned by the next business day.

To cancel or reschedule your procedure, call **414-805-2901** “option 2” (Monday-Friday, 8 a.m.-4:30 p.m.). Please call to cancel or reschedule at least 24 hours before your procedure.

You should call your insurance carrier to confirm your benefits before the procedure.

It is our goal to provide you with the best experience when you visit Froedtert & the Medical College of Wisconsin. If at any time we do not meet your expectations, we want to hear from you so we can improve any future care you may need. Thank you for allowing us to be part of your care and for choosing Froedtert & the Medical College of Wisconsin.

Kia Saeian, MD
Medical Director, GI Diagnostic Lab

Curtiss Elliott, RN, MPA
Manager, Gastroenterology

Explanation of Procedure

What is a colonoscopy?

A colonoscopy lets the doctor look inside your entire large intestine. The doctor can see from the rectum all the way through the colon to the lower end of the small intestine. The procedure is used to look for early signs of cancer in the colon and rectum. It can also find the cause of a change in bowel habits. A colonoscopy allows the doctor to see inflamed tissue, growths, ulcers and bleeding. Sedation is used to keep you comfortable during the procedure. The doctor performing the procedure will review your medical records to decide the type of sedation that should be used. The type of sedation is based on your medical history and the procedure being performed. Your doctor will discuss the type of sedation being used before your procedure.

What can I expect the day of my procedure?

Your procedure will take place in the GI Diagnostic Lab, which is located on the main floor of the hospital. Your procedure will take about three hours from the time you arrive until you are discharged home. First, you will check in at the front desk. Shortly after you complete the check-in process, a nurse will assist you with changing into a hospital gown. Once you have changed, a nurse will take you to the pre-procedure area and review your medical history. An IV will be placed in your arm.

When the physician is ready, you will be taken to a procedure room. You will be attached to a monitor that will watch and record your vital signs. The physician will explain the procedure and answer any questions you may have. You will be asked to sign a consent form allowing the doctor to perform the procedure. The team helping the doctor will position you on your left side. Medications will be put into your IV to help you relax. Once you are relaxed, the doctor will put the scope into your rectum.

What happens after the procedure is over?

Once your doctor has completed the procedure, you will be transferred to the recovery area in the GI Lab. A nurse will continue to monitor your vital signs until it is safe to send you home. Before you go home, the nurse will review your written discharge instructions and provide a brief summary of your exam. If a biopsy was done, the results will be sent to you and your physician within 7-10 working days. You will also receive a phone call from a nurse within a few days after your procedure to see how you are feeling.

Because of the sedation that will be given, you must arrange for someone to drive you home. We will cancel your procedure if you are not able to arrange a ride home. This will be confirmed when you check in for your procedure.

Explanation of Sedation

What is moderate sedation?

Moderate sedation is a very safe and effective way to help a patient relax and stay comfortable during the procedure. Moderate sedation is given by a nurse and doctor during the procedure.

What happens during moderate sedation?

Once you are moved to the procedure room, the nurse will attach you to a heart monitor. An oxygen tube will be placed under your nose. Medicine used to relax you will go into the IV. The medication is designed to decrease your awareness so you will not remember the procedure. The doctors and nurses are trained in moderate sedation, and they will be with you the entire time. Your heart rate, blood pressure, breathing, oxygen levels and alertness will be monitored during the procedure and recovery.

How will I feel with moderate sedation?

You will feel sleepy with the medication, but able to respond. The doctor and nurse can ask questions to see how you feel. You will be able to feel different sensations like hot, cold and pressure. The medication helps you relax, it does not put you to sleep. The goal is to keep you comfortable.

What is monitored anesthesia care (MAC)?

MAC refers to the anesthesia personnel present during a procedure; it does not indicate the level of anesthesia given. Various levels of sedation and analgesia (anesthesia) may be used depending on your condition and the procedure being performed. The use of an anesthesiologist may be indicated if you have certain medical conditions.

What happens after your procedure?

You might feel sleepy, tired or lightheaded, or have a dry mouth. Some people who are very sensitive to the medication can have symptoms of nausea or headache, or may vomit. Many patients do not remember anything that happened during the procedure. The remainder of the day you may continue to feel sleepy, so it is best to rest. No driving or exercise for the rest of the day. Most people have no diet restrictions after the procedure.

Preparing for Your Procedure

7 days before: Date _____

- Review the prep instructions you received
- Pick up your prep or fill your prep prescription and bisacodyl pills at your local pharmacy
- Contact your doctor if you are taking Coumadin, Heparin, Plavix or any other blood thinners. Verify if it is OK for you to hold these medications up to **five (5) days** before your procedure
- Contact your doctor if you are a diabetic and you are taking insulin and/or oral diabetic medication. Your doctor may need to adjust your medication because you will need to follow diet restrictions for your procedure
- Make plans for your ride home. You cannot drive yourself home or take a bus. You may use a van service. You must leave with another adult. If you do not have a proper ride home, your procedure will be cancelled

5 days before: Date _____

- DO NOT EAT: Nuts, seeds, popcorn, corn or peas
- STOP: All fiber supplements (ex: Metamucil®, Citrucel, Fiberall, FiberCon, Benefiber®)
- STOP: Iron supplements (It is OK to take daily vitamins with iron)

2 days before: Date _____

- Eat a low residual/low fiber diet. Follow “Low Residual Diet” provided

1 day before: Date _____

- Clear liquid diet only. Follow “Clear Liquid Diet” instructions on sheet provided. No solid food is allowed or your procedure will be cancelled
- Prepare your prep early today to allow it to get cold. Follow the instructions on “How to Prep for your Colonoscopy”

Day of procedure: Date: _____

- You may drink clear liquids only up to four (4) hours before your procedure
- Nothing by mouth four (4) hours before your procedure
- Take regularly scheduled medications with the exception of blood thinners and diabetic medications
- Be prepared to let us know your transportation arrangements. This will be confirmed on admission to the GI Diagnostic Lab

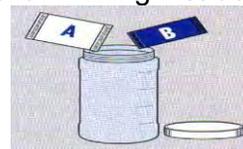
How to Prep for Your Colonoscopy

Please read and use the following instructions carefully. You must complete all the steps so that your colon will be fully emptied for the doctor to view. **Remember clear liquids only the day you are prepping.**

The day before your colonoscopy:

1. In the morning, **mix** the first liter of MoviPrep in the supplied container. Follow mixing instructions below:

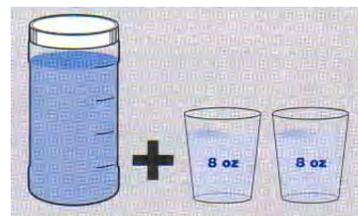
- Empty 1 pouch A and 1 pouch B into the disposable container
- Add lukewarm drinking water to the top line of the container.
Shake to dissolve



* You may also add any diet powered drink mix to flavor (Crystal Light) no, red, pink or purple colored flavors. Place the bottle in the refrigerator. (The colder the solution, the better it tastes.)

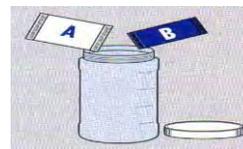
2. **Please do not take any of your regular evening medications once you start the prep.** Take all missed medications two hours after completing the entire prep.
3. At **5 p.m. the day before your procedure**, drink the first liter of MoviPrep solution as instructed below. Be sure to drink at least two – 8oz. glasses of clear fluids afterwards. You may drink more clear liquids in addition to the two glasses required.

- The MoviPrep container is divided by four marks. Every 15 minutes, drink the solution down to the next mark until the full liter is consumed. Please try to drink all the liquid with in 1-1 ½ hours.
- Drink 16 oz. of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep



4. **Mix the second liter of MoviPrep after the first liter is finished.** Use the remaining A pouch and B pouch and supplied container again. Follow mixing instructions below:

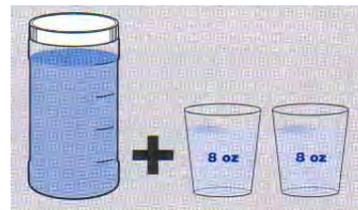
- Empty 1 pouch A and 1 pouch B into the disposable container
- Add lukewarm drinking water to the top line of the container
Shake to dissolve



Again, place the bottle in the refrigerator so it is chilled when you drink it later this evening.

5. A watery bowel movement should begin in approximately 1½ hours after you finish drinking the first liter of **MoviPrep** solution. You will continue to have loose bowel movements for 1-2 hours or more. Don't worry if it takes a little longer to have your first bowel movement. The colon preparation will produce watery diarrhea. The goal is for stools to be coming out watery clear/yellow, not sludgy or brown. The preparation will cause at least 10-15 bowel movements so stay near the bathroom.
6. At **9 p.m. the day before your procedure** drink the second liter of MoviPrep solution as instructed below. Be sure to drink **two** – 8oz. glasses of clear fluids afterwards.

- The MoviPrep container is divided by four marks. Every 15 minutes, drink the solution down to the next mark (approximately 8oz.), until the full liter is consumed
- Drink 16 oz. of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep



7. **STOP all liquids four (4) hours before your scheduled exam time.** Continue your regular medications with a small sip of water up to the time of your procedure.
8. **IMPORTANT** – If you do not have any results from your prep by 11 p.m., or your last bowel movement is not clear, please call Froedtert Hospital at 414-805-3000 and ask to speak with the GI Fellow on call to make adjustments to your prep. After 8 a.m., call the GI LAB at 414-805-2901 and ask to speak to a nurse.

Low Residual Diet

FOOD CATEGORY	FOODS ALLOWED	FOODS TO AVOID
Bread and Cereals	White bread	Whole grain and/or whole wheat bread
	Plain: muffins, rolls, croissants, bagels, crackers	Rye krisps, graham crackers
	Refined breakfast cereal (Cheerios, Corn Flakes, Rice Krispies, Cream of Rice, Cream of Wheat, Cocoa Puffs)	Whole grain cereals: Mueslix, All Bran
	Plain pancakes or waffles	Oats, bran, granola, whole grain biscuits
	White rice	Brown or wild rice
	Pasta	Whole grain pasta
	Fruit	Canned fruit, must be without skin or seeds
		Dried fruits
		Fruit skins, stalks, seeds or stones
Vegetables	Cooked vegetables (flesh only - no peels, skins, seeds or stalks)	Vegetable stalks, skins or stones
	Iceberg lettuce	Raw or salad vegetables
	Skinless potato	French fries, potato chips, sweet potatoes
Milk and Milk Products	1 cup of milk only	Yogurt containing fruits/nuts
	Yogurt (plain)	
	Cool Whip	
Meat, Fish, Chicken, Cheese, Eggs	All meats must be baked, boiled or broiled	Fried and/or breaded meat
	Plain cheese, plain cottage cheese, eggs	Luncheon meats, hot dogs, sausage
		Cottage cheese with fruit or vegetables
		Cheese with pimento, chive, or other vegetables
Soup	Clear soup, strained broth or bouillion	Canned or packaged soup
		Vegetable soup
Beverages	Coffee, tea, fruit juices with no pulp, water, soft drinks, vitamin and mineral waters, iced tea, lemonade and sports drinks	Fruit juices with pulp
	Milk -- restricted to 1 cup	Alcoholic beverages, including beer
		Espresso or concentrated coffee
		High protein/high fiber shakes
Dessert	1 serving only: plain pudding, custard, ice cream, sherbet, gelatin, plain cake or cookies	Desserts containing nuts, coconut, raisins, dates, seeds
		Pies, pastries, doughnuts
Fats	Limited to 6 teaspoons of fat (butter, margarine, cooking oil)	
Miscellaneous	Sugar, syrup, honey, plain hard candy, jelly, gumdrops, chewing gum	Jam, olives, popcorn, pickles, relish, chocolate, excessive seasoning

Clear Liquid Diet

A clear liquid diet means eating foods or drinking beverages that you are able to see through. You may not eat any solid foods, dairy products, or anything colored red, pink, or purple.

Listed below are some common clear liquids. You may have unlimited amounts of these liquids up to four hours prior to your procedure.

- Soda (ex: orange, ginger ale, cola and lemon-lime)
- Chicken or beef-flavored broth (No meat, vegetables or noodles allowed)
- Coffee (sugar is fine, but no cream or milk)
- Tea
- Jell-O (no red, pink or purple)
- Popsicles (no red, pink or purple)
- Clear hard candy, such as a lemon drop or Jolly Rancher (no mints or caramels)
- Clear juices without pulp (lemonade and apple or white grape juice is OK to drink; you may have cranberry juice, but check the label to ensure it has no red dyes)
- Sports drinks, like Gatorade or PowerAde (no red, pink or purple)

Directions to Froedtert Hospital Entrance



Please park in the Parking Area 1 structure.

From Watertown Plank Road:

Turn south on 92nd Street and continue through a stop light at West Connell Court. Turn left at the Froedtert Hospital Entrance, a circular drive. Follow signs directing you to the Parking Area 1 structure.

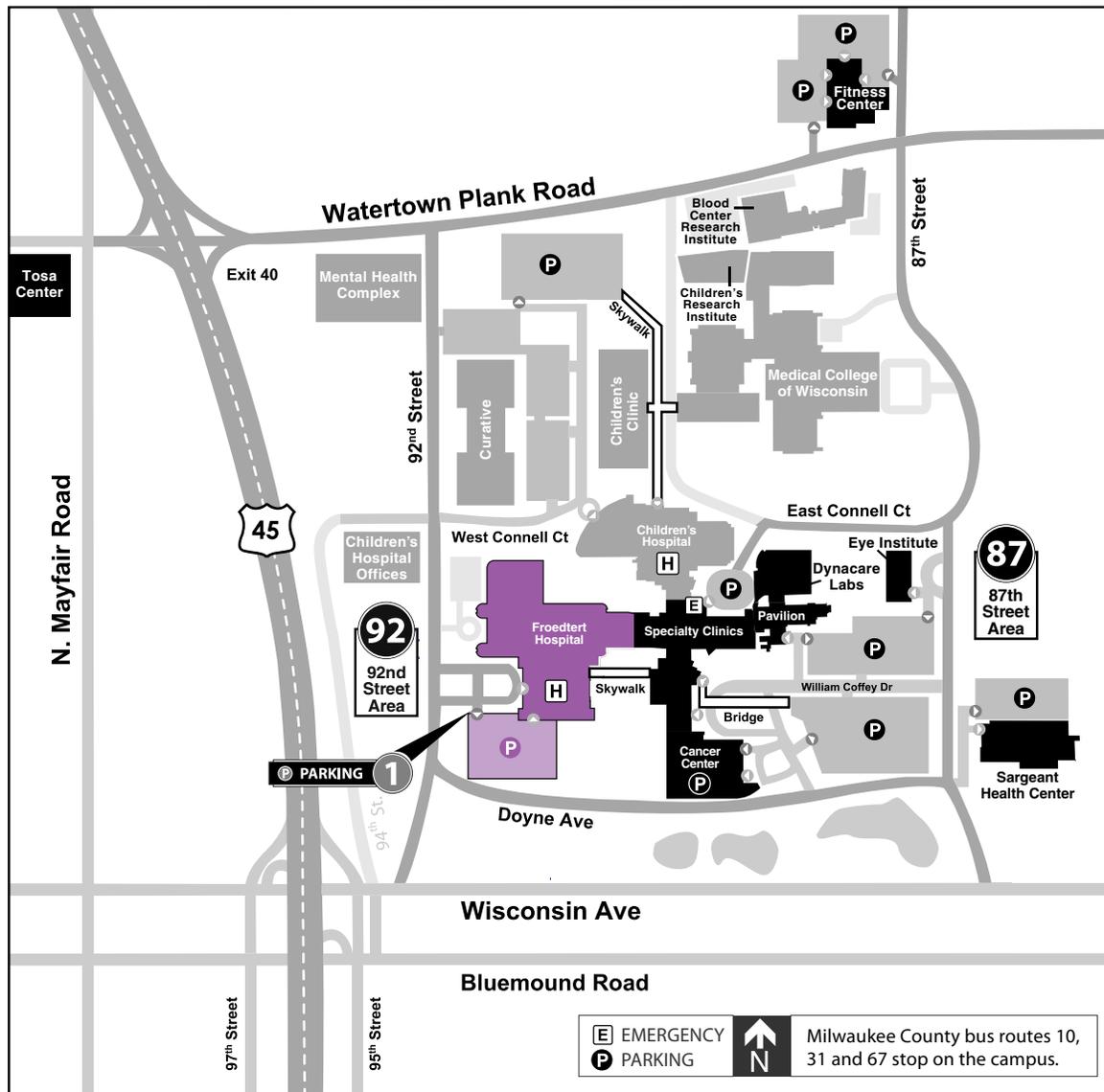
From Wisconsin Avenue:

Turn north on 92nd Street and then right at the Froedtert Hospital Entrance, a circular drive. Follow signs directing you to the Parking Area 1 structure.

Once Parked:

Take the A Elevators to the 2nd floor lobby of Froedtert Hospital.

 Please Note: All of our parking structures and surface lots have accessible parking closest to building entrances. Entrances from our parking structures are all equipped with power doors. For more detailed information visit froedtert.com (Locations & Directions, Transportation and Parking Services).



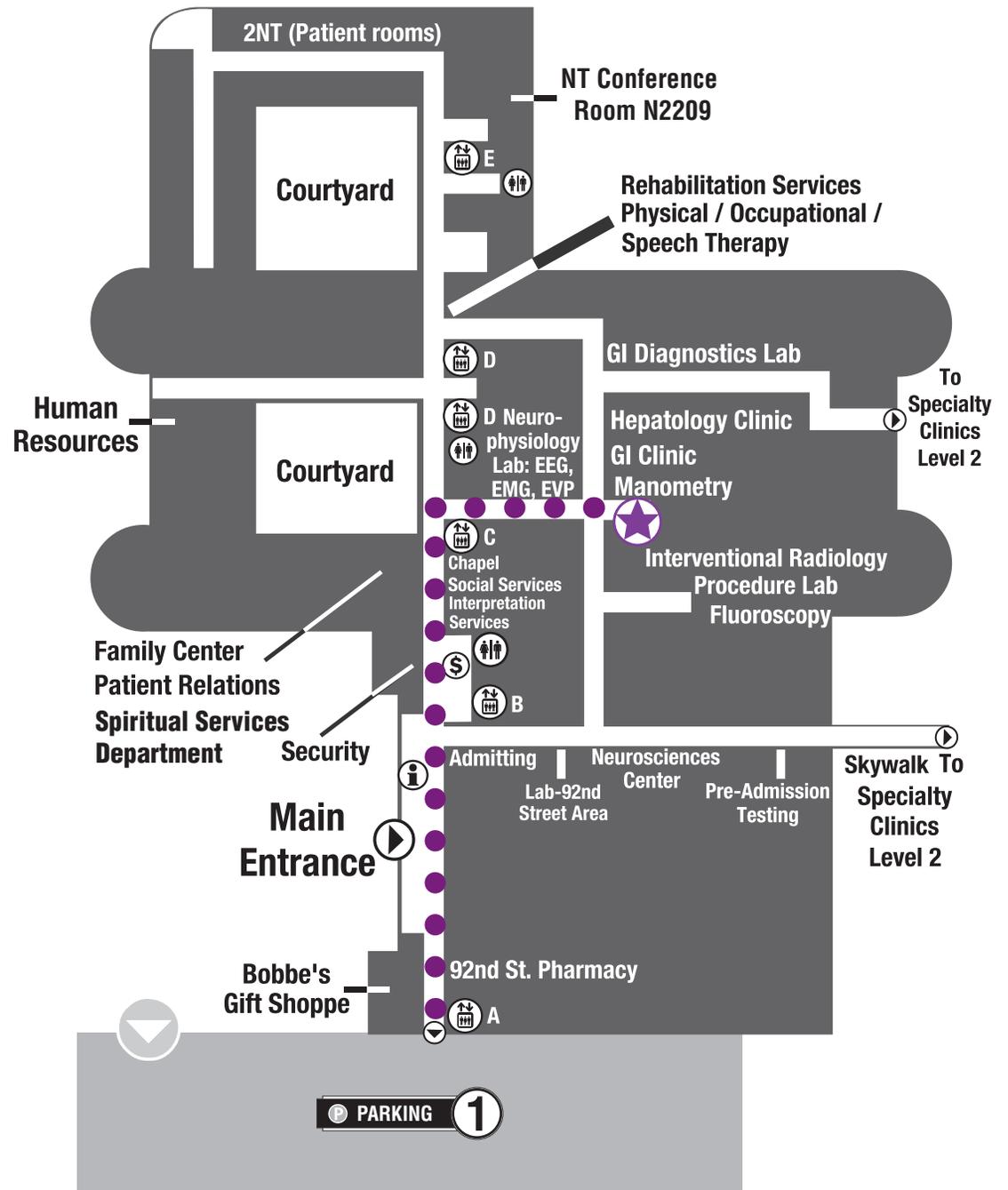
Questions? Call 414-805-3666, toll free 1-800-272-3666 or visit froedtert.com

The Froedtert & The Medical College of Wisconsin mailing address is: 9200 W. Wisconsin Ave, Milwaukee, WI 53226

Directions to GI Diagnostic Clinic

From Parking Area 1 structure.

- Enter Level 2
- Travel through the Froedtert Hospital lobby to the C Elevators
- Turn right at the C Elevators and head to the back hallway
- The check in desk for the GI Diagnostic Clinic is straight ahead



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