

Long Beach Gastroenterology Associates

A MEDICAL GROUP, INC.

STEPHEN R. SEVERANCE, M.D., F.A.C.G.
DAVID A. DRAKE, M.D., F.A.C.G.
ERIK G. KEREKES, M.D.

BARRY J. ZAMOST, M.D., F.A.C.G.
KALPANA G. PATEL, M.D.

DIANA K. YAO, M.D., F.A.C.G.
THOMAS M. NORUM, M.D.
ERIC C. CHU, M.D.

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COLONOSCOPY

Location:

Date: _____

Greater Long Beach Endoscopy Center (562)426-2606
2880 Atlantic Ave. Suite 180, L.B. 90806

Check-in Time: _____

Long Beach Memorial Hospital G.I. Lab (562)933-0235
2801 Atlantic Ave. Ground Flr. L.B. 90801

Appointment Time: _____

*****PLEASE CALL TO PRE-ADMIT (562) 933-1365*****

Doctor: _____

5 days before the exam:

- Stop fiber supplements and medications containing iron. You may continue any routine laxatives.
- Stop all blood thinners, unless this has been discussed with the doctor.
- Stop aspirin, unless this has been discussed with the doctor.
- Reminder: Go to your pharmacy to pick up the prep solution.

3 days before the exam:

- Avoid nuts or popcorn, foods and breads with seeds.

2 days before the exam:

- No raw fruits or raw vegetables.
- Drink at least 8 glasses of water during the day.
- If you tend to be significantly constipated, you may take an ounce (two tablespoons) of milk of magnesia at bedtime this evening.

1 day before the exam:

- If your exam is scheduled for the afternoon, you may eat a regular light breakfast this morning.
- Begin a CLEAR LIQUID DIET. (No artificial red or purple liquids, no alcohol)
 - Water
 - Carbonated and non-carbonated soft drinks
 - Coffee or tea (no cream or milk)
 - Clear fruit-flavored drinks
 - Clear broth or bouillon
 - Strained fruit juices, no pulp
 - Clear sports drinks
 - Jell-O, popsicles, hard candy

Approximately 5pm to 6pm: First Dose

1. Empty 1 Pouch A and 1 Pouch B into the disposable **MoviPrep** container, add lukewarm clear liquid to the top line of the container. Mix to dissolve.
2. 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 complete.
3. Drink 16 oz of clear liquid of your choice.
- 4.. You may continue clear liquids until retiring.

6 hours before your exam: Second Dose (_____ a.m.)

1. Repeat above steps 1 to 3.

4 hours before your exam: (_____ a.m.)

1. Discontinue clear liquids.

You are ready for the exam:

- You may take your regular medications with small sips of water.
- Wear comfortable clothing and leave all valuables at home. Plan 2 hours for the study.
- Please be sure to bring your insurance information with you to facilitate registration.
- You must have someone drive you home as you cannot drive for at least 12 hours. A taxi service is unacceptable.

SPLIT-DOSE PREPARATION FOR COLONOSCOPY

(Please read carefully)

These instructions use a split-dose (two-dose) regimen, which has been shown to cleanse the colon (lower intestine) better than other methods. The cleaner the colon, the less likely an exam would have to be repeated earlier than usual. Most importantly, a cleaner colon increases the chances of finding any significant abnormalities, such as polyps.

For some patients, this split-dose regimen may require staying up late into the evening or awakening early in the morning to complete the preparation with the second dose. We know this may be inconvenient, but it is very important to clean the colon as best as possible.

The exact timing of the early evening (5-6pm) first dose is not as important as the timing of the second. The most effective cleansing occurs when the second dose is taken 6 hours before the colonoscopy. Please finish the preparation and all clear liquids 4 hours before the examination.

Tips: Alcohol-free baby wipes, Vaseline, over-the-counter hydrocortisone creams, hemorrhoid treatments, all may be used to ease skin irritation. If you feel nauseous or vomit, rinse your mouth with water, take a 15 minute break, and then continue to drink the solution. Even if you are sitting on the toilet, continue to drink the solution as per instructions.