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KITSAP GENERAL SURGERY, PLLC

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Colonoscopy Instructions

Your Colonoscopy has been scheduled for _____.
The Surgery Center of Silverdale will call you the day before to let
you know your check in time.

Preparing for the exam:

- Pick up the **Moviprep** bowel prep medication at your Pharmacy.
- Arrange for transportation. You are required to have an escort to drive you home after the exam.

5 days prior to your exam:

- Do not eat anything that contains nuts or seeds such as strawberries or tomatoes.
- Do not take aspirin or aspirin containing medications.
- If you are on Coumadin or other blood thinning medications make sure you have discussed this with the doctor.
- If you are taking Insulin make sure you have discussed this with your doctor as he/she may need to make changes to the dose due to the required fasting for this exam.

The day before your exam:

Start a clear liquid diet. **No solid foods or milk or milk products are allowed on this day. Clear liquids include the following:**

Water	Fruit Juice
Coffee/tea	Gatorade
Clear Sodas	Plain Jello
Broth/Bouillon	Popsicles

STAY AWAY FROM LIQUIDS THAT ARE **RED OR **PURPLE****

Morning before colonoscopy: Mix MoviPrep as directed.

- Empty one pouch A and one pouch B into provided container. Add lukewarm water to the top line of the container. Shake to dissolve. Place container in refrigerator to chill.

At **4:00pm**: Start drinking MoviPrep. Every 15 min drink solution down to next mark on the container until completely finished.

Once container is empty, mix second regimen of MoviPrep as above.

- Remain close to the toilet facilities as multiple bowel movements will occur.
- You will need to make certain you drink plenty of fluid through out the entire day.

At **8:00pm**: Start drinking MoviPrep. Every 15 min drink solution down to next mark on the container until completely finished.

- **Nothing more to eat or drink after midnight. From Midnight until after your exam nothing to eat or drink at all.**

If you have any questions make sure you call the office at 360-613-1335.

- The exam will take about 45 minutes. You will then be observed for a short period of time to make sure you have recovered from the medication. You will then be discharged. Again, you will have to have someone with you to drive you home.
- You will be able to resume your normal diet after the exam. You should not plan to return to work, drive, sign any legal documents or use and dangerous machinery for the rest of the day.

Call the office immediately if you develop a fever, chills or severe abdominal pain after the procedure. 360-613-1335
