About a colonoscopy
A colonoscopy is an examination of the lining of the colon using a colonoscope which is a long, thin, flexible tube with a tiny video camera and light at the end. If growths (polyps) or other abnormalities are found, the physician may remove the abnormal tissue for closer examination or biopsy. Your colon will need to be cleansed thoroughly to complete the procedure. It is very important that you follow the instructions in this brochure.

You will be given an intravenous (IV) line through which sedative medications will be given.

Planning for other medical conditions
A registered nurse will call you prior to your procedure to go over your health history and medications.

Please contact your prescribing provider if you:

- Take Coumadin, Plavix, or another blood thinning medication. You may be placed on a different blood thinner until your procedure.
- Have diabetes and use any medications to control your blood sugar. Your primary care provider may instruct you to adjust your medication the day before and the day of your colonoscopy. Continue to monitor your blood sugar as usual.

Colonoscopy Types
Screening Colonoscopy: Usually for patients over 45 years old who have no symptoms nor have had a colonoscopy in the past ten years (other conditions may apply) depending on your insurance.

Diagnostic Colonoscopy: Patients having symptoms such as blood in stool or diarrhea.

Follow up or Surveillance Colonoscopy: Patients with no symptoms but who have had a polyp removed in the past or other conditions that warrant a repeat colonoscopy.

Learn more about colonoscopies here: screen4coloncancer.org | asge.org/patients

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Instructions and preparation

Please follow these instructions carefully to avoid having to reschedule your appointment.

**Five Days Before Your Colonoscopy**

- Purchase the following from your pharmacy:
  - Your Moviprep prescription
  - Assorted clear liquids

- Stop taking the following:
  - Ibuprofen, Advil or any other NSAID (non-steroidal anti-inflammatory drug).
  - Fish Oil
  - Pepto Bismol
  - Iron supplements or multivitamins with iron
  - Fiber supplements
  - Foods with seeds or nuts including strawberries, tomatoes, and bananas

- You may remain on: 81 mg of aspirin.

**One Day Before Your Colonoscopy**

- Do not eat solid foods. Drink clear liquids only (nothing red, blue, or purple).

- Clear liquids include:
  - Water
  - Popsicles
  - Clear fruit juices such as apple or white grape
  - Coffee or tea without cream or dairy
  - Gatorade
  - Soft drinks, lemonade, ice tea, and Crystal Light
  - Plain flavored Jello (not red, blue, or purple)

- At 1 pm
  - Take two Dulcolax tablets.

- At 5 pm
  - Mix one container of Moviprep with water.

- At 7 pm
  - Drink the Moviprep solution over one hour (one 8 oz glass every 15 minutes).
  - Drink and additional two to four 8 oz glasses of clear liquids for the remaining part of the evening.

**The Day of Your Colonoscopy**

- Do not eat solid foods. Drink clear liquids only until two hours prior to your arrival times.

- Five hours before your arrival time
  - Mix the second container of Moviprep in 8 oz of water.
  - Drink the Moviprep solution.
  - Drink four to six 8 oz glasses of water, one glass every fifteen minutes.

- Two hours before your arrival time
  - Stop all liquids

- Morning medications can be taken with a small amount of water except diabetic patients who will need to call their primary care provider for instructions.

Plan ahead!
Who will your support person be?
Please arrange for someone to come in with you, receive discharge instructions, and sign you out. They will also need to drive you home. We highly recommend someone stay with you for 24 hours after your procedure.