

**Getting Ready for Your Colonoscopy (MoviPrep®)**

This handout tells you how to prepare for your colonoscopy and will help you:

- **Prepare ahead of time** for your colonoscopy, and what you can expect on the day you have it done.
- **Prep your bowel**, which begins several days before your colonoscopy.
- **Follow a low-residue diet**, which you will begin three days before your colonoscopy.

**Read this handout right away.** You will start getting ready for your colonoscopy **7 days before** you have it.

If you don't follow these instructions, your colon may not be cleaned out well enough for your doctor to clearly see the inside of your colon.

Your doctor needs to get a good look at your colon for your colonoscopy to be accurate. **Your colonoscopy may be rescheduled if you do not follow these instructions.**

Cleaning out your colon also makes the procedure go faster and reduces the risks.

If you have any questions, please call us. You can also find out more at [www.uwhealth.org/digestivehealth](http://www.uwhealth.org/digestivehealth).

What You Do to Prepare for Your Colonoscopy			
7 Days Before Colonoscopy	3 Days Before Colonoscopy	1 Day Before Colonoscopy	The Day of Colonoscopy
Take your medicines after talking with your doctor.	Follow low-residue diet.  Pick up your supplies.  Make sure you have a ride home.	Stop eating solid foods.  Begin clear liquids.  Begin your bowel prep.	Finish your bowel prep.  <b>Don't</b> eat food.  <b>Don't</b> drink anything <b>4</b> hours before your arrival time.
See section on: <ul style="list-style-type: none"> <li>• 7 Days Before Your Colonoscopy</li> <li>• Medicines</li> </ul>	See section on: <ul style="list-style-type: none"> <li>• 3 Days Before Your Colonoscopy</li> <li>• Low Residue Diet</li> <li>• Other Guidelines</li> </ul>	See section on: <ul style="list-style-type: none"> <li>• 1 Day Before Your Colonoscopy</li> <li>• Diet</li> <li>• Bowel Prep</li> <li>• Helpful Hints</li> <li>• Prep Instructions Table</li> </ul>	See sections on: <ul style="list-style-type: none"> <li>• 1 Day Before Your Colonoscopy and Day of Your Colonoscopy</li> <li>• Diet and Clear Liquids</li> <li>• Going Home</li> </ul>

## 7 Days Before Your Colonoscopy

### Medicines

Stop blood thinning medicines:

- No prasugrel (Effient<sup>®</sup>) for **7 days**
- No warfarin (Coumadin<sup>®</sup>) for **5 days**
- No clopidogrel (Plavix<sup>®</sup>) for **5 days**
- No iron for **5 days**
- No dabigatran (Pradaxa<sup>®</sup>) for **2 days**
- No rivaroxaban (Xarelto<sup>®</sup>) for **2 days**
- No apixaban (Eliquis<sup>®</sup>) for **2 days**
- No ticagrelor (Brilinta<sup>®</sup>) for **2 days**

**Do not stop taking your blood thinning medicine without first talking to your doctor who prescribes this medicine.** Your doctor will instruct you on how to safely stop this medicine. Please contact us if you have questions.

You will need to adjust **diabetes medicines** (oral and insulin) for the time when you can't eat. Please talk with your primary doctor about this.

## 3 Days Before Your Colonoscopy

### Low Residue Diet

For at least **3 days** before your colonoscopy, do not eat the foods listed in the table below. These foods can slow your digestion so that your colon is not clean enough for your colonoscopy.

### Foods to Avoid

- Corn
- Potato skins
- Raw/uncooked vegetables
- Fruit with skin or seeds
- Popcorn
- Nuts

## Other Guidelines

You **must** have a responsible adult to drive you home or your colonoscopy will be cancelled. We ask that your driver stay in our building during your procedure. You may take a cab or bus home only if you have a responsible adult to ride with you. The cab or bus driver doesn't count. You should **not** drive for the rest of the day because of the effects of sedation.

You should not make important decisions until the next day. Plan to go home to rest. You should be able to resume normal daily tasks the next day.

**You will need to buy bowel prep supplies at least 2 days before your colonoscopy.** You will be given a prescription to be filled at your local drugstore.

**If you are often constipated,** you should have an extra day or two of a clear liquid diet and use an over-the-counter laxative (like milk of magnesia) **2 days** before your colonoscopy. Please call us if you would like to talk with us about this.

## 1 Day before Your Colonoscopy

Please **see the Prep Instructions Table on the next page** for bowel preparation (prep) drinking instructions based on your arrival time. These are very important. You must follow these instructions to have a clean colon. You need to have a clean colon to have accurate colonoscopy results.

## Diet

**No solid food, milk or dairy products** after the clear liquid start time in the Prep Instructions Table on the next page.

## Clear Liquids

- Water
- Broth
- Soda
- Jello®
- Clear sports drinks (like Gatorade®)
- Black coffee (no cream or milk)
- Tea
- Apple juice

**Do not** drink any red or purple liquids!

## Bowel Prep

In the morning, mix the **first** dose of MoviPrep®. Empty one Pouch A and one Pouch B into the disposable container. Add lukewarm drinking water to the top line of the container (1 liter). Mix well to dissolve.



After you mix the prep, we suggest you put it in the fridge. Take it out of the fridge at least 2 hours before you start drinking it, so you won't feel too cold.

If you take medicines, take them either 1 hour before you drink the bowel prep or 1 hour after you finish drinking the bowel prep. Do not take them while you are drinking the prep because they may not be absorbed.

Plan on each part of your prep taking several hours. Stay near a bathroom during this time.

Drink 1 glass (about 8 ounces) every 10 – 20 minutes but **slow down** or stop for 30 minutes if you have nausea or abdominal pain. Liquid stools should start within a few hours.

Keep drinking clear liquids until 4 hours before your scheduled visit. Drinking clear liquids can prevent dehydration.

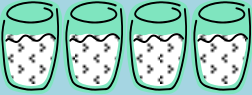







## Helpful Hints:

- To lessen the taste of the prep liquid, try drinking it with a straw.
- To lessen the taste between glasses, try gum or hard candy.
- For a sore bottom, clean with baby wipes and put on a protective ointment (like A+D® or Vaseline®) after bowel movements.
- For chills, use a blanket warmed in the dryer.

Before bedtime, mix the **second** dose of MoviPrep®. Empty one Pouch A and one Pouch B into the disposable container. Add lukewarm drinking water to the top line of the container (1 liter). Mix well to dissolve. Keep in fridge or on kitchen counter. Use in the morning.



### Prep Instructions Table

	Day Before Your Colonoscopy	Day of Your Colonoscopy
<p><b>Arrival Before 12:00 PM</b></p>	<p><b>10:00 AM</b> - Start clear liquids  <b>6:00 PM</b> - Start bowel prep. Drink 4 glasses of bowel prep before bed.</p>  <p>Follow with <b>at least</b> 2 glasses of any clear liquid (this is a required step)</p> 	<p><b>5 hours before your arrival time</b> – Finish remaining 4 glasses of bowel prep.</p>  <p>Follow with <b>at least</b> 2 glasses of any clear liquid (this is a required step)</p>  <p>Finish all drinking, <b>including water</b>, 4 hours before arrival.</p>
<p><b>Arrival after 12:00 PM</b></p>	<p><b>3:00 PM</b> - Start clear liquids.  <b>8:00 PM</b> - Start bowel prep. Drink 4 glasses of bowel prep before bed.</p>  <p>Follow with <b>at least</b> 2 glasses of any clear liquid (this is a required step)</p> 	<p><b>5 hours before your arrival time</b> - Finish remaining 4 glasses of bowel prep.</p>  <p>Follow with <b>at least</b> 2 glasses of any clear liquid (this is a required step)</p>  <p>Finish all drinking, <b>including water</b>, 4 hours before arrival.</p>

Your last bowel movements should be watery, **see-through** and free of solids (flecks are OK). The color may appear clear to yellow.

**If you don't get these results or you have steady stomach pain, get light-headed and dizzy, or don't have a bowel movement, please call us at (608) 890-5010 or toll free at 1-855-342-9900.**

## The Day of Your Colonoscopy

### No Food or Drink

- **Don't** eat any food today before your colonoscopy.
- **Stop** drinking liquids (including water) **4 hours before** you arrive. **Don't** drink anything during the 4 hours right before your procedure.

### Tips

- Wear loose, comfortable clothes. You may feel bloated after, so you may want to wear pants with an elastic or adjustable waistband.
- Leave jewelry and valuables at home.
- Bring your eyeglass case, contact lens container or denture cup, if needed.
- Bring any inhalers, CPAP, or BiPAP that you use. CPAP and BiPAP are needed for sedation to be used safely.

**Follow the arrival and registration instructions in your cover letter.** If you are delayed, please call us to let us know you are going to be late. If you are over 30 minutes late, we may have to cancel and reschedule. We do our best to stay on time.

### Going Home

You will stay in our recovery room after your procedure. A nurse will watch your recovery and go over your discharge instructions with you.

Plan to be with us for about 2-3 hours total. **We ask that your driver be available in our building or by phone during this time.** Your driver needs to be here to take you home. You may not leave the recovery room without a responsible adult.

### At Home

For the rest of the day:

- Do not return to work.
- Do not use hazardous machinery.
- Do not make any important decisions.
- Plan to rest.
- Do not drink alcohol.
- Do not drive.

Before you leave, please let us know if you have any concerns or questions. We want to address your concerns and questions before you leave.

### Who to Call

Digestive Health Center, 8 am to 5 pm weekdays, **(608) 890-5010**.

After clinic hours, this number will connect you to the paging operator.

The toll-free number is: **1-855-342-9900**.

**If you are not able to keep your visit,** please let us know **5 days** before.

UW Health Digestive Health Center  
750 University Row  
Madison, WI  
**(608) 890-5010**  
**(855) 342-9900**

University of Wisconsin Hospital & Clinics  
GI Procedure Center  
600 Highland Avenue  
Madison, WI  
**(608) 263-8097**  
**(800)323-8942**

Meriter Hospital Digestive Health Center  
Lower Level  
202 S. Park Street  
Madison, WI  
**(608) 417-6389**

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 11/2019 University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7479