You have been scheduled to have a colonoscopy. A colonoscopy is a procedure that enables your physician to examine the inner lining of the colon for evidence of colon polyps and colon cancer. Colonoscopy can find cancer and can save lives. The most important step prior to your procedure is to empty out your colon by closely following the diet and taking the “bowel prep solution” as described below.

**Clear liquid diet**

- Your colon must be completely empty and clean in order to get the correct results from your colonoscopy.
- One day before your procedure and before drinking the bowel prep solution, your doctor will place you on a clear liquid diet.
- A liquid is considered clear if you can read through it.

Use this simple test to see if you can figure out what to drink, and what not to drink.

<table>
<thead>
<tr>
<th>Can you read the newspaper?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>This is apple juice. Apple juice is clear because you can read the newspaper through it.</strong></td>
</tr>
<tr>
<td><strong>YOU CAN DRINK THIS</strong></td>
</tr>
<tr>
<td><strong>This is orange juice. Orange juice is not clear because you cannot read the newspaper through it.</strong></td>
</tr>
<tr>
<td><strong>DON’T DRINK THIS</strong></td>
</tr>
</tbody>
</table>
These drinks are **OK**

- Soda pop, ginger ale, and club soda
- Water and mineral water
- Black coffee (No cream or milk)
- Clear sports drinks
- Apple juice
- Tea

These drinks are **NOT OK**

- Milkshakes
- Coffee with cream
- Pineapple juice
- Orange juice
- Milk or dairy drinks
**Other examples of food and drinks that are OK**
- Honey or sugar
- Clear chicken, beef or vegetable broth
- Yellow or Green Jell-O

*It is important that while you are on the clear liquid diet that you do not drink or eat anything that has a red, orange or purple color.*

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**Other examples of foods and drinks that are NOT OK**
- Soup
- Grapefruit juice
- Tomato Juice

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<table>
<thead>
<tr>
<th>These foods are OK</th>
<th>These foods are NOT OK</th>
</tr>
</thead>
</table>
| Clear broth               | **NO**
| Honey                     | **NO**
| Popsicle                  | **NO**
| Jell-O                    | **NO**
| Bread, grains, rice or cereal | **NO**
| Soup with chunks of food  | **NO**
| Meat                      | **NO**
| Dairy products            | **NO**
| Vegetables                | **NO**
| Fruit                     | **NO**

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MoviPrep Colonoscopy Prep Instructions
**WHAT TO DO BEFORE YOU HAVE A COLONOSCOPY**

You will need to buy:
- MoviPrep solution purchased from Kaiser Permanente Pharmacy
- Dulcolax® (Bisacodyl) 5 mg x 2 tablets
- Chewable Simethicone (Gas-X) x 4 tablets
- Items for a clear liquid diet as described

<table>
<thead>
<tr>
<th>WHEN</th>
<th>WHAT YOU NEED TO DO</th>
<th>DETAILS</th>
</tr>
</thead>
</table>
| **At least 7 days before your procedure** | • Watch the online Emmi program on colonoscopy | • Log onto [kp.org/doctor](http://kp.org/doctor). Enter your doctor’s name and select his or her home page  
• Select the “Prepare for Your Procedure/Manage Your Ongoing Condition” link on the right side of the page under “Quick Links”  
• Once you have reached the registration page enter your information and select Colonoscopy  
• Arrange for someone to drive you to and from your procedure  
• Check which medicines you may need to stop especially if you are taking any blood thinning medications like Coumadin, Plavix, Lovenox | 
<p>| <strong>3 Days before your procedure</strong> | • Do NOT eat foods that are high in fiber | • Examples of high fiber foods: salads, green vegetables, brown rice, whole grain bread, brown pasta, beans, sunflower seeds, peanuts, cashews, almonds and popcorn |
| <strong>2 Days before your procedure</strong> | • You can continue to eat as you normally would, but do NOT eat foods that are high in fiber | • Avoid purple, red or orange colored drinks. Avoid smoothies, milkshakes and milk |
| <strong>At dinner</strong> | • This dinner will be the last time you are able to eat solid food before your procedure | • Eat a small dinner by 9 p.m. |</p>
<table>
<thead>
<tr>
<th>WHEN</th>
<th>WHAT YOU NEED TO DO</th>
<th>DETAILS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1 Day before your procedure</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>During the day</strong></td>
<td>• When you wake up, start drinking ONLY clear liquids</td>
<td>• Do NOT eat any solid food&lt;br&gt;• Clear liquid only, see list of clear liquids&lt;br&gt;• Do NOT drink alcohol</td>
</tr>
<tr>
<td></td>
<td>• The MoviPrep kit consists of a container and two pouches labeled “A” and two pouches labeled “B”</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Empty one “A” pouch and one “B” pouch into the container. Add lukewarm water to the top line to dissolve. Refrigerate until 6pm.</td>
<td></td>
</tr>
<tr>
<td><strong>12 Noon</strong></td>
<td>• Take two Dulcolax® (Bisacodyl) 5 mg tablets with at least one full glass (8 fl. oz.) of clear liquid</td>
<td>• Dulcolax® usually works within 8 hours. Do not worry if nothing happens from the Dulcolax before you start to drink the prep solution</td>
</tr>
<tr>
<td><strong>6 p.m.</strong></td>
<td>• Drink the first container of MoviPrep. The containers are divided by 4 marks. Every 15 minutes, drink the solution down to the next mark until the first container is finished</td>
<td>• After you complete drinking this first container, you can prepare the second container that you will drink the following morning.</td>
</tr>
<tr>
<td></td>
<td>• Over the next 30 minutes you must drink a minimum of 16 oz of clear liquids of your choice. This will help to avoid dehydration and to ensure an adequate prep</td>
<td>• Empty one “A” pouch and one “B” pouch into the container. Add lukewarm water to the top line to dissolve. Refrigerate until the morning.</td>
</tr>
<tr>
<td></td>
<td>• After drinking the first container, chew two (2) Simethicone tablets. Take an additional two Simethicone tablets at bedtime.</td>
<td></td>
</tr>
<tr>
<td><strong>Day of your procedure</strong></td>
<td></td>
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</tr>
<tr>
<td><strong>In the morning</strong></td>
<td>• Drink the second container of the MoviPrep. Every 15 minutes, drink the solution down to the next mark until the first full liter is consumed.</td>
<td>• You cannot drink ANYTHING within 3 hours of your arrival time</td>
</tr>
<tr>
<td></td>
<td>• You can take your allowed medications on the day of your procedure with small sips of water</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• You must stop drinking ALL liquids including the prep at least 3 hours prior to your arrival time</td>
<td></td>
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</tbody>
</table>
How do I know if my prep is working?

Look at these examples of stool colors. You want your stool to be clear.

- After drinking all of your prep, your bowel movements should be all liquid yellow and clear like picture #4 or #5. If so, you are ready and good to go!

- However, if your bowel movements are solid or look like pictures #1, #2 or #3 you are probably not prepped and will need to cancel your procedure.

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NOT OK</strong></td>
<td><strong>NOT OK</strong></td>
<td><strong>NOT OK</strong></td>
<td><strong>ALMOST THERE</strong></td>
<td><strong>Finish ALL of your prep and YOU'RE READY</strong></td>
</tr>
</tbody>
</table>

History of constipation?

- If you have a history of constipation, it is recommended that you start taking Miralax over-the-counter 1-2 times daily for 7-10 days prior to this prep. You may increase or decrease this dose depending upon your response to Miralax.

- Increasing the length of time you remain on a liquid diet from 1 to 2 or even 3 days may also be of help when preparing for your procedure.

Questions?

- Falls Church Gastroenterology Office (703) 237-4442
- Springfield Gastroenterology Office (703) 922-1313

After Hours

- Nurse’s Advice Line (703) 359-7878

Where to go

Falls Church Kaiser Permanente Medical Facility
201 North Washington Street
Falls Church, VA 22046
Endoscopy Suite is in the lower level

Additional Information

If you must cancel your procedure, please do so at least 7 days prior to your scheduled appointment date:

- Please call the Falls Church Endoscopy Cancellation Line at (703) 237-4040 (leave a message)