

Monmouth Gastroenterology, LLC



A Division of Allied Digestive Health

1912 Hwy 35 South, Suite 201

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732-389-5004 fax 732-389-1850

Doctors: Baig, Belitsis, Fiest, Gorcey, Merikhi and Uppal

Patient Name: _____

Date: _____ Time: **THE FACILITY WILL CALL YOU WITH THE EXACT TIME EITHER ONE OR TWO DAYS PRIOR TO YOUR PROCEDURE.**

Required Preparation for Your Colonoscopy--MOVIPREP –AM -7:30AM TO 11:00AM

Please follow the below instructions—not the instructions printed on the package

FIVE DAYS BEFORE Your Scheduled Colonoscopy: If you have diabetes or take blood thinners (Coumadin, Plavix, Ticlid, Aspirin, etc.) and did not tell the doctor, inform the doctor immediately. Generally you should stop medications, or vitamins containing **Iron**, Vitamin E, Fish Oil, Garlic Tablets, Ginko Biloba, ginseng or Aspirin-like products (Advil, Motrin, Aleve, Nuprin, Alka-Seltzer, Naprosyn, etc.) for 5 days prior to the procedure. **However, you will be specifically instructed about withholding Aspirin, Plavix, Warfarin, Xarelto, Pradaxa, Eliquis and Coumadin according to your medical situation.** YOU MAY TAKE TYLENOL AS NEEDED FOR A HEADACHE OR PAIN.

IF YOU ARE A DIABETIC ---PLEASE MAKE SCHEDULER AWARE – IN ORDER TO RECEIVE INSTRUCTIONS ON YOUR MEDICATION/ INSULIN

Two Days Before the Colonoscopy:

Do not eat any fruits (bananas and melon are permitted), nuts, vegetables, salads, seeds, berries or whole grains (**until after the procedure**). *This is essential in order to successfully clear your colon for the procedure.*

One Day Before the Colonoscopy – Important: follow the instructions carefully.

1. Have a regular breakfast and lunch—but finish eating by 12 noon. (Pasta is recommended for lunch, do not use tomato sauce)
2. From noon until 6 pm you may have **CLEAR LIQUIDS ONLY.** Clear liquids include: water, ginger ale, apple juice, Gatorade, lemonade and broth. **AVOID MILK AND SOUPS.**
3. **INGEST NOTHING RED or PURPLE IN COLOR-(Colors that adversely affect what the colonoscope sees.)**
- 4a. At **5:00 PM** mix first dose, empty 1 Pouch A and 1 Pouch B into the disposable container. Add lukewarm drinking water to the top of the container. Mix to dissolve. *If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.*
- 4b. Drink first dose. The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the mark (1cup/ 8 oz), until the full liter is consumed. Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and effective prep.
- 4c. At **12:00 MIDNIGHT** mix second dose, empty 1 Pouch A and 1 Pouch B into the disposable container. Add lukewarm drinking water to the top of the container. Mix to dissolve. *If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.*
- 4d. Drink first dose. The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the mark (approximately 8 oz), until the full liter is consumed. Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and effective prep.

Day of Procedure: YOU NEED TO FINISH DRINKING YOUR LIQUID PREP 4 HOURS PRIOR TO YOUR PROCEDURE. TAKE YOUR HEART MEDICATIONS OR BLOOD PRESSURE MEDICATIONS

Please report to the following location:

- Advanced Endoscopy and Surgical Center:** 142 Rte. 35, Eatontown, NJ---**732-935-0031**
- Monmouth Medical Center:** 300 Second Avenue, Long Branch, NJ- **Arrival time:** _____ **outpatient registration**
- Jersey Shore University Medical Center:** 1945 Rte. 33, Neptune, NJ-**Arrival time:** _____ **outpatient registration**

****YOU MUST HAVE A RESPONSIBLE ADULT ACCOMPANY YOU HOME.**
Driving yourself, taking a bus or walking is NOT PERMITTED**

Updated 6/2016