



**ARAPAHOE GASTROENTEROLOGY**  
www.arapahoegi.com  
**COLONOSCOPY PREPARATION INSTRUCTIONS**

303-722-8987

Your test is scheduled for the following facility:

\_\_\_ Arapahoe Endoscopy Center on \_\_\_\_\_ at \_\_\_\_\_. Report to 1001 Southpark Drive at \_\_\_\_\_.  
\_\_\_ Endoscopy Center at Porter on \_\_\_\_\_ at \_\_\_\_\_. Report to 2535 S. Downing, Suite 320 at \_\_\_\_\_.  
\_\_\_ Porter-Littleton on \_\_\_\_\_ at \_\_\_\_\_. Report to 7700 S. Broadway, 1st floor, Main admissions at \_\_\_\_\_.  
\_\_\_ Porter Memorial on \_\_\_\_\_ at \_\_\_\_\_. Report to 2525 S. Downing, 1st floor, Main Admissions at \_\_\_\_\_.  
\_\_\_ Swedish Medical Center on \_\_\_\_\_ at \_\_\_\_\_. Report to the G.I. Lab, 799 E. Hampden, 2nd floor at \_\_\_\_\_.  
\_\_\_ Sky Ridge Medical Center on \_\_\_\_\_ at \_\_\_\_\_. Report to 10101 Ridgeway Pkwy., 1st floor, Main admissions at \_\_\_\_\_.

**PLEASE READ ALL THESE INSTRUCTIONS AGAIN 48 HOURS PRIOR TO THIS PROCEDURE. WE NEED YOUR ASSISTANCE IN DOING A GOOD PREPARATION. IT IS A VERY IMPORTANT FACTOR IN THE SUCCESS OF YOUR PROCEDURE.**

- DO** inform your doctor if you have a pacemaker, internal defibrillator, latex allergy, artificial heart valve, or if you are taking any medication which affects blood clotting.
- DO** inform your doctor if you are diabetic.  
Insulin dose: ½ your regular dose the day before and the morning of the procedure.  
If you have an insulin pump, keep the setting at basal rate the day of the procedure.  
Oral diabetic pill: Do not take this the morning of the procedure.
- DO** ingest only a liquid diet (no food) for breakfast and lunch the day before your procedure, following the AM or PM scheduled colonoscopy bowel cleansing prep instructions, and also taking your usual medications. Continue to drink clear liquids before and after starting the bowel cleansing solution but no food.
- DO** the colonoscopy bowel cleansing prep as prescribed. Follow those directions in regards to eating and drinking. (If you are having an EGD and Colonoscopy on the same day, you must have nothing by mouth 4 hours prior to your scheduled procedure time.)
- DO** take your usual medicines, especially your heart and B/P medications, the morning of the procedure with sips of water only (take 2 hours before leaving for the procedure).
- DO** have a driver to take you home (a must - no taxi or walking home). It is recommended that after sedation you do not drive, operate machinery, make critical decisions or do any strenuous activities that require coordination or balance for 24 hours.
- DO** inform your doctor if you are on Plavix, Coumadin, Ticlid, Effient or any other blood thinners or antiplatelet medications as you **MUST** be seen in our office prior to the procedure so that appropriate and safe management with regards to this medication can be determined **PRIOR** to scheduling your procedure.
- DON'T** take Coumadin or any other blood thinner for 5 days before this procedure.  
Stop Coumadin on this date \_\_\_\_\_.
- DON'T** take Plavix, Ticlid, Effient or any other antiplatelet medication for 7 days **if so instructed**.  
Stop Plavix, Ticlid, or Effient on this date \_\_\_\_\_.
- DON'T** take Lovenox the day of this procedure. (Last dose no later than 8 pm the day before the procedure.)
- DO** call your insurance company and be prepared to pay your portion (copay, deductible, coinsurance, etc.) on the day of your procedure.

You will be called 10 to 14 days after your procedure to discuss any biopsy results and any further follow up.

## PM SCHEDULED EGD and COLONOSCOPY

This product contains aspartame, ascorbic acid and phenylalamine. If you have any hypersensitivity to these products, please alert us.

The MoviPrep carton contains 4 pouches and a disposable container for mixing.

You must complete the entire prep to ensure the most effective cleansing.

### The day before the procedures:

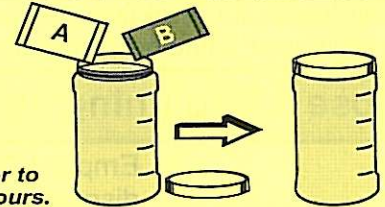
- Full liquids for breakfast and lunch (see below). Hydrate yourself well and consume at least 32 oz of clear liquids prior to 6 pm.
- Clear liquids for the evening meal, no later than 6 pm (see below).

### **Dose 1 Beginning at: 7 pm**

#### **Step 1**

- Empty 1 Pouch A and 1 Pouch B into the disposable container.
- Add lukewarm drinking water to the top line of the container. Mix to dissolve.

*Note: If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.*

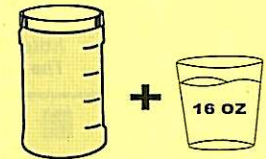


#### **Step 2**

- The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz), until the full liter has been finished.

*Note: You may become bloated or feel some nausea, slow down your intake until these feelings subside and then continue drinking until finished. It is not important how quickly you drink this solution. It is important that you finish it all.*

- Then drink an additional 16 oz of the clear liquid of your choice.



- You may continue to **drink clear liquids** after starting the bowel cleansing solution but no food. Follow the EGD and Colonoscopy preparation instruction **Do's and Don'ts** in regards to your routine medications.

### The day of the procedures:

### **Dose 2 Beginning at: 6 am (the day of the procedures)**

- Repeat steps 1 and 2

- You must complete drinking the remainder of the bowel cleansing solution at least 4 hours before your EGD and Colonoscopy scheduled procedure time. (If your procedures are scheduled for 1 pm, you must finish drinking dose 2 by 9 am.)
- You may continue to **drink clear liquids** after starting the bowel cleansing solution but no food. You must have nothing by mouth 4 hours prior to your scheduled procedure time.

#### Full Liquid Diet

- Pudding
- Milk
- Vanilla ice cream
- Milk shakes
- Cream soups without chunks of meat or vegetables
- Yogurt without chunks of fruit

#### Clear Liquid Diet

- Strained fruit juices (without pulp), apple or white grape.
- Water.
- Clear broth, bouillon (chicken or beef).
- Coffee or tea without milk or non-dairy creamer.
- All of the following are allowed: Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid, Jell-O, and popsicles (avoid any red and purple items).

#### Tips:

- In order to better tolerate the prep, you may suck on a hard piece of candy, like a lemon drop, between each glass full of the prep. You may not add anything into the drink itself, however.
- Walking around the house while taking the prep may help decrease the bloating of your abdomen.
- If you feel very bloated, stop the drinking for 30-60 minutes, but you must resume drinking when the bloating is gone. You must **finish the entire bowel solution**.
- You may want to use Vaseline or diaper rash cream around your anal area to lessen irritation which may be the result of the prep induced diarrhea.

## PM SCHEDULED EGD and COLONOSCOPY

### The day before the procedures:

- Full liquids for breakfast and lunch (see below). Hydrate yourself well and consume at least 32 oz of clear liquids (see below) prior to 6 pm.
- At 12 noon swallow the 2 bisacodyl tablets with 8 oz. of water. You should continue to hydrate yourself well with clear liquids until you begin the bowel cleansing solution at 5-6 pm. **No antacids should be taken within 1 hour of taking these tablets.** Bowel movements may begin in approximately 1 hour.
- Mix the solution of **Halflytely** per instructions on bottle.
- At 5-6 pm or after, begin drinking one full (8 oz) glass of the bowel cleansing solution (Halflytely) every 15 to 20 minutes. Acceptable to begin prep later in day but allow 5-6 hours between doses of pills and solution.
- **Finish one half of the solution in the container which is one liter. You may become bloated or feel some nausea. Slow down your intake until these feelings subside and then continue drinking until one half of the container, (which is one liter) is finished. A watery bowel movement usually will begin in approximately 1 hour, but may take longer. It is not important how quickly you drink the solution. It is important that you finish all of the first half of the solution.**
- You may continue to **drink clear liquids** after starting the bowel solution but no food. Follow the EGD and Colonoscopy preparation instructions **Do's and Don'ts** in regards to your routine medications.

### The day of the procedures:

- At 7 AM (or earlier taking into consideration nothing to eat or drink 4 hours prior to the start of your procedures) begin drinking one full (8 oz.) glass of the bowel cleansing solution (Halflytely) every 15 to 20 minutes until the **remaining solution in the container, (which is one liter) is finished.** Again slow down your intake if you become bloated or feel some nausea.
- **You must complete drinking the remainder of the bowel solution at least 4 hours before your colonoscopy procedure time.** ( If your procedures are scheduled for 1 pm, you must finish drinking the remainder of the solution by 9 am.)
- You may continue to **drink clear liquids** after starting the bowel solution but no food. **You must have nothing by mouth 4 hours prior to your scheduled EGD and Colonoscopy procedure time.** Follow the EGD and Colonoscopy preparation instructions **Do's & Don'ts** in regards to your routine medications.
- **YOU MUST COMPLETE ALL STEPS**

### Full Liquid Diet

- Pudding
- Milk
- Vanilla ice cream
- Milk shakes
- Creamed soups without chunks of meat or vegetables
- Yogurt without chunks of fruit

### Clear Liquid Diet

- Strained fruit juices (without pulp), apple or white grape.
- Water.
- Clear broth, bouillon (chicken or beef).
- Coffee or tea without milk or non-dairy creamer.
- All of the following are allowed: Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid, Jell-O and popsicles, (avoid any red and purple items).

### Tips:

- In order to better tolerate the solution, you may suck on a hard piece of candy, like a lemon drop, between each glass full of the solution. You may not add anything into the drink itself, however.
- Walking around the house while taking the solution may help decrease the bloating of your abdomen.
- If you feel very bloated, stop the drinking for 30-60 minutes, but you must resume drinking when the bloating is gone. You must **finish the entire bowel cleansing solution.**
- You may want to use Vaseline or diaper rash cream around your anal area to lessen irritation which may be the result of the prep induced diarrhea.

## PM SCHEDULED EGD and COLONOSCOPY

### The day before the procedures:

Full liquids for breakfast and lunch (see below). Hydrate yourself well and consume at least 32 oz of clear liquids prior to 5-6 pm.

Clear liquids for the evening meal, no later than 5-6 pm (see below).

At 6-7 pm, begin drinking one full (8 oz.) glass of the bowel solution (Nu-Lytely, Co-Lyte or Trilyte) every 15-20 minutes, or with greater intervals if nausea or significant abdominal fullness develops.

**Finish one half of the gallon.** You may become bloated or feel some nausea, slow down your intake until these symptoms subside and then continue drinking until finished. It is not important how quickly you drink the solution. It is important that you finish the first half of the solution.

You may continue to **drink clear liquids** after starting the bowel solution but no food. Follow the Colonoscopy and EGD preparation instructions **Do's and Don'ts** in regards to your routine medications.

### The day of the procedures:

At 7 AM (or earlier taking into consideration nothing to eat or drink 4 hours prior to the start of your procedures) begin drinking one full (8 oz.) glass of the bowel solution (Nu-Lytely, Co-Lyte or Trilyte) every 15-20 minutes until the **remaining one half gallon is finished. You must complete drinking the remainder of the bowel solution at least 4 hours before your EGD and Colonoscopy scheduled procedure time,** (For example: If your procedures are scheduled for 1 pm, you must finish drinking your second half gallon by 9 am and nothing to eat or drink after 9 am).

You may continue to **drink clear liquids** after starting the bowel solution but no food. **You must have nothing by mouth 4 hours prior to your EGD and Colonoscopy procedure time.** Follow the EGD and Colonoscopy preparation instructions **Do's and Don'ts** in regards to your routine medications.

### Full Liquid Diet

- Pudding
- Milk
- Vanilla ice cream
- Milk shakes
- Creamed soups without chunks of meat or vegetables
- Yogurt without chunks of fruit

### Clear Liquid Diet

- Strained fruit juices (without pulp), apple or white grape.
- Water.
- Clear broth, bouillon (chicken or beef).
- Coffee or tea without milk or non-dairy creamer.
- All of the following are allowed: Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid, Jell-O, and popsicles (avoid any red and purple items).

### Tips:

- In order to better tolerate the solution, you may suck on a hard piece of candy, like a lemon drop, between each glass full of the solution. You may not add anything into the drink itself, however.
- Walking around the house while drinking the solution may help decrease the bloating of your abdomen.
- If you feel very bloated, stop the drinking for 30-60 minutes, but you must resume drinking when the bloating is gone. You must **finish the entire gallon.**
- You may want to use Vaseline or diaper rash cream around your anal area to lessen irritation which may be the result of the prep induced diarrhea.