North Shore Gastroenterology Associates
A Division of Allied Digestive Health

Phone 516.487.2444
Fax 516.487.2446

233 East Shore Road Suite 101
Great Neck, New York 11023

PREPARE for Colonoscopy with **MOVIPREP**

TO ENSURE A SMOOTH PROCEDURE DAY :

- ❑ **FOLLOW THESE INSTRUCTIONS CAREFULLY!**
  - Disregard instructions included with the prep kit
  - Failure to follow may result in a delay or cancellation of your procedure

- ❑ **STAY HYDRATED!**
  - Process causes significant fluid loss & can cause sickness from dehydration
  - Drink as much clear liquid as possible during process

- ❑ **DO NOT OMIT ANY PART OF THE PREP!**
  - Poor prep may cause polyp or cancer to go undetected
  - If the procedure needs to be repeated, you'll be required to prep again

- ❑ Arrive 30 minutes before your scheduled appointment time
- ❑ Bring your photo ID and insurance card(s)
- ❑ Prepare for payment at check-in if required by your insurance coverage
- ❑ Wear loose, comfortable clothing and flat shoes
- ❑ Avoid bringing valuable items *[NSGA is not responsible for any lost items]*
- ❑ Arrange for a responsible adult to drive you home after the procedure

- ❑ **STAY POSITIVE!**
  - Colonoscopy prep is not the most glamorous process
  - Remember that you are taking a proactive step toward prevention or early detection of colorectal cancer

Our team is committed to helping you through this process. You will be contacted multiple times leading up to your appointment. While in the office, you will meet the administrative & clinical team before your procedure.

Please do not hesitate to reach out to the office for questions. You can call us at **516-487-2444** or send your physician a message through the Athena Patient Portal by visiting **athenahealth.com/patient-login.**

A $100 fee will apply for failure to attend your procedure. If cancellation is necessary, please notify the office at least 72 hours in advance.

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ARRANGE TRANSPORTATION :

Who can pick me up after my procedure ?	
YES :	**NO :**
- Family, friend, or someone you who can safely bring you home - Someone who is able to physically come into the office to sign you out - Someone who is reliable & trustworthy	- Drive yourself - Uber or Lyft, or taxi service - Someone who cannot physically come into the office - Someone who is unreliable

ANESTHESIA SAFETY :

Anesthesia can affect your coordination, judgement, and reaction time for several hours.	
YOU SHOULD :	**YOU WILL NOT :**
Take the day off & rest	- Drive or operate machinery - Work or make big decisions - Perform physical activities

7 DAYS BEFORE PROCEDURE :

- ❑ Pick up prescription from pharmacy
  - ONE (1) MoviPrep Bowel Prep Kit
- ❑ Confirm your transportation arrangement
- ❑ Review the medications you take:

CONTINUE :	STOP TAKING :
- What your physician told you is safe to take	- What your physician told you to temporarily STOP - Iron and fish supplements and vitamins - GLP-1s such as Ozempic, Weygovi, etc.

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Notify your doctor *immediately* if you take **BLOOD THINNERS** or **INSULIN**.
You may need to discontinue or decrease your dose prior to your procedure.

❑ STOP eating the following foods:

STOP EATING :	
- QUINOA - CORN - RICE	- NUTS – cashews, peanuts, almonds, etc. - SEEDS – from fruits & vegetables
*YOU MAY RESUME IMMEDIATELY **AFTER** YOUR PROCEDURE!*	

3 DAYS BEFORE PROCEDURE :

❑ Confirm your transportation arrangement
❑ Review your insurance coverage to understand your financial responsibility
❑ STOP eating the following foods:

STOP EATING :
LEAFY GREENS - kale, lettuce, spinach, etc. *in addition to 7-day instructions*
*YOU MAY RESUME IMMEDIATELY **AFTER** YOUR PROCEDURE!*

1 DAY BEFORE PROCEDURE :

❑ <u>You MUST remain on a CLEAR LIQUID DIET the ENTIRE day</u>
- Starting from when you wake up & throughout the day until sleep
- If it is not in the YES column, you cannot have it!

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CLEAR LIQUID DIET :	
YES	**NO**
- Water, Sprite, Seltzer, Ginger Ale - Bouillon or clear broth - White grape juice, apple juice - Gatorade [*not red or purple*] - Plain Jello [*not red or purple*] - Italian Ice [*not red or purple*]	- Solid foods - Lemonade - Alcohol - Milk or milk products - Chewing gum, candies, mints

- ❑ <u>At 4:00pm</u>, prepare the prep
  - Pour 1 pouch A and 1 pouch B into the empty container
  - Fill container with lukewarm water to the fill line
  - Shake until dissolved
  - Place in refrigerator for 2 hours
- ❑ <u>At 6:00pm</u>, drink the prep mixture
  - Suggested to drink 8 oz every 15 minutes until finished
    - *If you experience nausea, bloating, or abdominal cramping, slow the rate of drinking OR pause and drink water until symptoms stop.*
- ❑ Drink a minimum of 16 oz of additional clear liquids throughout the evening.
- ❑ Prepare tomorrow's prep
  - Pour 2nd pouch A and 2nd pouch B into the empty container
  - Fill container with lukewarm water to the fill line
  - Shake until dissolved
  - Place in refrigerator until tomorrow morning

Drink additional clear liquids before bedtime, if tolerated, to help prevent dehydration!

THE DAY OF YOUR PROCEDURE:

- ❑ Take allowed medications before starting the prep
- ❑ <u>5 hours before appointment time</u>, drink the 2nd prepared mixture
  - Suggested to drink 8 oz every 15 minutes over 1 hour
  - Drink an additional 16 oz of clear liquid within this hour
- ❑ Correct timing is essential for an effective prep:

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STOP DRINKING LIQUIDS
STARTING 4 HOURS BEFORE PROCEDURE

- ❑ Do not smoke, vape, or use tobacco and/or recreational products
- ❑ Do not apply lotion to chest, arms, or legs
- ❑ Wear loose, comfortable clothing. Wear flat shoes to avoid tripping or falling
- ❑ Arrive 30 minutes before scheduled time
- ❑ Bring photo ID, insurance card(s), and form of payment. Avoid bringing valuables.
- ❑ Females aged 12-54 years old:
    - Prepare to provide a urine sample in office for pregnancy testing

YOU CANNOT HAVE
ANYTHING BY MOUTH
UNTIL AFTER YOUR PROCEDURE