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Patient Preparation for Colonoscopy

* At 7pm **two nights** before your colonoscopy, take 2 Dulcolax tablets and drink ½ of a 10 oz bottle of Magnesium Citrate (purchase over the counter).

The day before your exam: Eat a liquid breakfast, lunch and dinner. **For example:** Jell-O, popsicles, Gatorade, and juice (but nothing red or purple). Any broth is okay, including chicken broth and beef bouillon. To avoid kidney injury and dehydration, **drink plenty of liquids all day.**

Beginning at 6 pm the night before your test:

STEP 1: MIX DOSE

- > Empty 1 Pouch A and 1 Pouch B into the disposable container
- > Add lukewarm drinking water to the top line of the container and mix

NOTE: You can mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.

STEP 2: DRINK DOSE

- > 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 is consumed

STEP 3: DRINK CLEAR LIQUIDS

- > **Drink 16 oz of the clear liquid of your choice.** This is a necessary step to ensure adequate hydration and an effective prep

Clear liquids include: water, clear fruit juices without pulp, including apple, white grape, or white cranberry, strained limeade or lemonade, coffee or tea (do not use dairy or non-dairy creamer), broth, clear soda, gelatin (without added fruit or topping), and popsicles (without pieces of fruit pulp). Ask your doctor if you have any questions about whether a particular drink is acceptable.

*****IMPORTANT*****

Repeat steps 1, 2 and 3 (above) the morning of your test, beginning 4 hours before you need to leave home.

Please note: If you cannot drink the entire solution, call our office to reschedule your procedure

* After midnight the night before your exam, do not drink or eat anything (not even a sip of water) besides the 16 ounces of clear liquid with the MoviPrep. (To decrease the risk of aspiration).

Please **fill out and return** Raleigh Endoscopy Center's Patient Health History form at least 2 weeks before your test. If not already provided for you, find this form at: <https://raleighendoscopy.com/for-patients/patient-forms>.

Your appointment is on _____ Please arrive at _____AM.

Please note this is an approximate time. The facility may call you the day before your procedure with a different arrival time. You will be at the center 2-3 hours.

*Please Note: No ibuprofen, *Aleve*, *BC* or *Goody's Powder*, *Motrin*, calcium, Vitamin E, fish oil, *Omacor*, *Lovaza*, herbal products, *arthritis medications*, *Pletal* or *Trental* one week prior to your procedure.

*You may take your blood pressure medication the morning of the test (at least 2 hours before arrival) with a small sip of water. Remember, do not eat or drink after midnight the night before your exam.

**You will be given medications for sedation and your ride must stay the entire time at the Endoscopy Center. For your safety, you cannot drive or take a taxi home.

****Blood-thinning medications** (such as *Coumadin*, *Ticlid*, *Plavix*, *Clopidogrel*, *Persantine*, *Aggrenox*, *Xarelto*, *Brilinta*, *Eliquis*, and *Lovenox*) may need to be discontinued prior to your procedure. **Please contact your prescribing physician** for instructions well in advance; you may need to be off these drugs **up to 7 days** prior to your procedure. **If you are taking one aspirin a day, please DO NOT STOP ASPIRIN.**

* As there are only a limited number of procedure slots, a \$100 fee will be charged for procedures canceled or rescheduled with less than 3 days notice.