

Clear Liquid Diet

– NO RED, PURPLE OR ORANGE LIQUIDS –

You may have any of the following the day before your colonoscopy:

- Regular or Diet Ginger Ale, Sprite or 7-Up (no cherry flavor)
- Water
- Apple juice
- Gatorade (not orange, red or purple)
- Popsicles (not orange, red or purple)
- Chicken or vegetable consommé or clear broth
- Yellow or green Jell-O
- Tea
- White grape juice
- Lemonade (no pink lemonade and no pulp)

Preparing for your Colonoscopy Helpful Hints...

- Remember – the goal of the prep is to get cleaned out. When the color of what you are passing is clear or cloudy yellow with some flecks, then you are clean. If you are passing brown stool or brown water then you may not be adequately prepared. **However, you will still need to do the second dosing as directed on the other side even if you are clear the night before.**
- You may substitute Crystal Lite for the flavor packets when mixing the solution.
- Sucking on a lemon drop or other hard candy or a fresh lemon or lime between glasses of the solution can help clear any aftertaste.
- Drinking through a straw may be helpful.
- Nausea may occur when multiple glasses of the solution have been taken and nothing has come out rectally. Walking will help move the solution through the body. You may also increase the time between glasses to 20 minutes.
- It is helpful to put Vaseline around the anal area to minimize irritation from frequent bowel movements.
- If you have any problems with the bowel cleansing process during the daytime, you can contact the office. If you have difficulty in the evening, please contact the physician “on-call” by calling the after hours number **1-877-722-7098**.

Colonoscopy Checklist

There is additional information in your colonoscopy instruction packet.

For other questions
or to schedule an
office visit, call

240-737-0085

Detailed information is also
available online at:

www.CCendo.com

or

www.Endodc.com



**CAPITAL
DIGESTIVE
CARE**SM

First in Digestive Health

Your Procedure Checklist

Please review one week
prior to procedure



Chevy Chase Endoscopy Center
The Endoscopy Center of Washington DC
Bethesda Endoscopy Center
Sibley Hospital
Suburban Hospital

YOUR FIVE (5) DAY COLONOSCOPY CHECKLIST

Five (5) days before your colonoscopy:

- Please read through entire instruction sheet.

Three (3) days before your colonoscopy:

- Stop fiber supplements such as Metamucil, Fibercon, etc.
- Purchase prep as needed (see boxed instruction for the preparation you were prescribed).

MoviPrep

- Purchase a minimum of two (2) bisacodyl laxative tablets (such as Dulcolax). No prescription required.

DAY OF PROCEDURE CHEAT SHEET:

Time of Procedure:	Nothing to drink after:	Time of Procedure:	Nothing to drink after:
8:00am	5:00am	12:00pm	9:00am
9:00am	6:00am	1:00pm	10:00am
10:00am	7:00am	2:00pm	11:00am
11:00am	8:00am	3:00pm	12:00pm

PrePopik Prep

- Obtain Prepopik Kit from your pharmacy using the attached prescription.

DO NOT FOLLOW THE MANUFACTURER'S INSTRUCTIONS. PLEASE FOLLOW THE INSTRUCTIONS ON THIS SHEET.

The day before your colonoscopy:

- You may have a **low fiber breakfast**—white bread or toast, 2 eggs, egg substitute, or tofu with seedless jelly and tea or coffee. **NO DAIRY PRODUCTS!** NO butter or butter substitutes, NO milk, NO cream or cream substitute. After breakfast, please follow a **CLEAR LIQUID diet** (see reverse side for list).
- Follow the below boxed instruction for the preparation you were prescribed.

MoviPrep

- Prepare the MoviPrep solution in the morning. Take 1 Pouch A and 1 Pouch B and empty their contents in the container provided. Add one (1) liter of lukewarm drinking water. Mix to dissolve and refrigerate.
- 5:00pm** – Take 2 bisacodyl tablets with 8 ounces of water.
- 6:00pm** – Drink the 1st liter of MoviPrep solution over 1 hour. The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark
 Mark 1 Mark 2 Mark 3 Mark 4
- 7:00pm** – Drink two (2) 8 ounce glasses of water 15 minutes apart.
 Glass 1 Glass 2
- Take the second Pouch A and second Pouch B and empty the contents in the provided container. Add one (1) liter of lukewarm drinking water. Mix to dissolve and refrigerate.

PrePopik Prep

- 6:00pm** – Fill the dosing cup provided with cold tap water to the lower (5 ounce) line on the cup.
- Pour** in the contents of **ONE (1)** packet. **Stir** for 2-3 minutes until dissolved. **Drink** the entire contents.
- Follow with **FIVE (5)** 8-ounce drinks of clear liquid, taken at your own pace within the next 5 hours before bed.
 Glass 1 Glass 2 Glass 3 Glass 4 Glass 5

You should expect to have frequent bowel movements and diarrhea this evening. Some individuals will have a delayed response. If you have not moved your bowels after taking all the medication, be patient and try walking around to stimulate bowel motility. Remember, even if you are passing clear or yellow fluid tonight, you must take the rest of your prep tomorrow.

The day of your colonoscopy:

- Remember; take your medications unless your physician instructed you otherwise.
- Follow the morning-of prep instructions for your prescribed preparation in boxes below.

MoviPrep

- 5 hours before your arrival time:** Drink the 2nd liter of MoviPrep solution over 1 hour. The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark.
 Mark 1 Mark 2 Mark 3 Mark 4
- After completing the MoviPrep, drink **TWO (2)** 8 ounce glasses of water 15 minutes apart.
 Glass 1 Glass 2

PrePopik Prep

- 5 hours before your arrival time:** Fill the dosing cup provided with cold tap water to the lower (5 ounce) line on the cup.
- Pour** in the contents of **ONE (1)** packet. **Stir** for 2-3 minutes until dissolved. **Drink** the entire contents.
- Drink **THREE (3)** 8-ounce glasses of plain water over the next hour.
 Glass 1 Glass 2 Glass 3

3 HOURS BEFORE YOUR PROCEDURE TIME DO NOT DRINK OR EAT ANYTHING!

(See "Day of Procedure Cheat Sheet" in top right corner of page)

You may not chew gum or eat hard candies 3 hours before your procedure time.

Last minute checklist:

Name of ride home: _____

Phone #: _____

Relationship _____

Please bring with you: insurance cards, any co-payment required, Medical History form, Driver's License or photo ID. Leave valuables and jewelry at home. Wear comfortable clothing. Your ride must park and come into the center waiting room to escort you home.