

## Clear Liquid Diet

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 (not 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 add Crystal Lite for flavor 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](http://www.CCendo.com)

or

[www.Endodc.com](http://www.Endodc.com)



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# Your Five (5) Day Colonoscopy Checklist

## MoviPrep Preparation Instructions



**Chevy Chase Endoscopy Center  
The Endoscopy Center of Washington DC**

**Bethesda Endoscopy Center**

**Sibley Hospital**

**George Washington Hospital**

**Suburban Hospital**

# Your Five (5) Day Colonoscopy Checklist

## Five (5) days before your Colonoscopy...

- Continue your medications unless instructed **otherwise** by your Physician.

## Three (3) days before your Colonoscopy...

- Stop fiber supplements such as Metamucil, Fibercon, etc.
- Purchase your MoviPrep solution (*prescription enclosed in the packet*) from your pharmacy.
- Also purchase at least two (2) bisacodyl laxative tablets (*such as Dulcolax laxative*). No prescription is required for these items.

## The day before your Colonoscopy...

- Prepare the MoviPrep solution in the morning. Take 1 Pouch A and 1 Pouch B and empty their contents into the container provided. Add 1 liter of lukewarm drinking water. Mix to dissolve and refrigerate.
- Breakfast: 2 eggs, egg substitute or tofu, white toast with seedless jelly, and tea or coffee. No butter, butter substitutes, milk, cream or cream substitutes – **NO DAIRY PRODUCTS**.
- If your colonoscopy is scheduled before 12 noon – **NO LUNCH**.
- If your colonoscopy is scheduled after 12 noon, you may have the following for lunch: **small chicken or turkey sandwich on white bread (*bread and meat only*)**.
- After 12 noon – CLEAR LIQUIDS ONLY (*see list of clear liquids on back of this page*).
- 5 pm** – Take 2 bisacodyl tablets with 8 oz water.
- 6 pm** – Take the 1st liter of MoviPrep solution over 1 hour (*one 8 oz glass every 15 minutes*) and then drink an additional 16 oz of plain water. After finishing the 1st of liter of MoviPrep solution, take the 2nd Pouch A and the 2nd Pouch B and empty the contents into the provided container. Add another liter of lukewarm drinking water to mix the 2nd liter of MoviPrep solution. Mix to dissolve and refrigerate.

**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.
- 4 hours before your arrival time—drink the 2nd liter of MoviPrep solution over one hour (*one glass every 15 minutes*) and then drink an additional 16 of plain water.

## Two-and-a-half (2-1/2) hours before your ARRIVAL TIME...

- DO NOT DRINK OR EAT ANYTHING

## Last Minute Checklist...

- Bring this checklist with the name and phone number of the person taking you home.

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Relationship \_\_\_\_\_ (husband, wife, sibling, friend, significant other, child, etc)

- Bring insurance cards and any payment or co-payment required for the procedure.
- Bring the Medical History form and a list of all medications you are currently taking.
- Bring your driver's license or photo ID.
- Leave valuables and jewelry at home and wear comfortable clothes that are not tight fitting.

\_\_\_\_\_  
Patient's signature