

One Week Before Your Colonoscopy (Dr. Katwala's Movi Prep)

1. Tell us if you are taking blood thinning medicine (such as Warfarin, Coumadin, Plavix or Enoxaparin). You must talk to your primary physician about the possibility of stopping the drug. If you do not tell us you are taking these medications, you have an increased risk of bleeding during the procedure. Contact the GI clinic 7 days before your procedure if you have any questions.
2. If you are an individual who refuses blood or blood products, please call Meriter Hospital's Bloodless Medicine & Surgery Coordinator, at (608) 267-6259. Outside of Madison, call 1-800-236-2367. You can visit their web page at <http://www.meriter.com/mhs/hospital/bloodlss.htm>.
3. Do not take any iron supplements.
4. Avoid all nuts, seeds and popcorn.
5. Arrange for someone to drive you to and from the procedure. (Do not use a cab or a bus). You cannot drive for the rest of the day after your procedure because of the sedation medications you will receive. If you cannot arrange for a driver, we will need to reschedule your appointment. Do not plan any activities for the rest of the day following the test because of drowsiness from the medications. The entire procedure will take 3-4 hours.
6. Arrange for your driver to be with you after the procedure because:
 - You need someone with you to hear what the doctor and nurses tell you after the procedure. The medications you receive will affect your memory for a few hours afterwards and you may not remember what you are told.
 - You must have an escort from the unit after your procedure. For these reasons, please have your driver come with you to the Endoscopy Unit and stay until you are discharged. Due to limited waiting room space, it is suggested to have only one person accompany you.
7. Do not bring children with you. The setting of the Endoscopy Unit and the time spending waiting (2-3 hours) are stressful for children. We encourage you to make child care arrangements prior to your appointment.

The Entire Day Before Your Colonoscopy

1. No solid foods.
2. Do not drink milk or dairy products.
3. Drink only clear liquids, i.e.: broth, clear juices (apple, white grape, white cranberry), jell-o, coffee, tea, soda and popsicles. No solids! No red or purple jell-o or liquids. Gatorade is the preferred clear liquid to avoid dehydration.
4. The PEG solution kit consists of a container for mixing and a box containing two clear plastic bags. Each clear bag contains of two pouches (one pouch labeled "Pouch A" and one "Pouch B") for one liter of solution. In the morning, mix the first liter according to the instructions below (not those on the package!). You may refrigerate it if you prefer it cold.
 - 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.
5. At 6:00p.m., begin drinking the first liter of solution following the instructions below:

- The 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 complete.
6. Drink at least 16oz of clear liquids over the next hour. This is a necessary part of the process. You may have additional clear liquids at any point throughout the evening and night.
 7. Liquid stools will start within a couple hours of when you began drinking the solution. Stools should gradually become clear or light yellow throughout the evening.
 8. While drinking the electrolyte solution you may experience:
 - Chills
 - Nausea
 - Abdominal crampingThese are normal responses to the laxative.
 9. If you develop persistent vomiting or continuous, severe abdominal pain, stop drinking the solution and call (608) 287-2680 immediately to speak with the physician on call.
 10. Before retiring for the evening, mix the second liter following the instructions from step 4 above with remaining clear bag from the kit (If desired, you may refrigerate the solution).

The Day of Your Colonoscopy

1. If you take medication to help regulate your heartbeat or blood pressure, or to help you breathe better, please take them with a few sips of water as early in the morning as possible. Bring all medications that you are currently taking with you.
2. Five to six hours prior to your arrival time for your procedure, begin drinking the second liter of solution, followed by 16oz. of clear liquid (water, ginger ale, 7-Up, weak tea or coffee without milk or cream) following the instructions below. The liter of solution and clear liquids must be finished within an hour and thirty minutes of starting:
 - The container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8oz.), until the full liter is complete.
 - Drink 16oz. of the clear liquid of your choice. Gatorade is the preferred clear liquid to avoid dehydration.
3. Upon finishing step 2, do not eat or drink anything until after your colonoscopy.
4. Please leave all jewelry and other valuables at home for safekeeping.
5. Report to Meriter Hospital's patient registration desk at the time of your appointment. Late arrivals are difficult to accommodate because of our procedure schedule. If you arrive at the Endoscopy Unit more than 30 minutes past your procedure time you may need to be rescheduled.
6. If your stool is not clear or light yellow after your morning bowel prep, please call Endoscopy and ask to speak to the charge nurse. The number is (608) 417-6389.

After the Colonoscopy Exam

- Although we try to discuss our findings and recommendations with you after the procedure, some patients find that they don't clearly remember that discussion because of receiving the sedating medication. We feel it is very important for you to have the person driving you home remain with you while the doctor talks to you. They will be your "memory" for the day. We always send a report to your doctor.
- You may feel a little bloated for a few hours. This is caused by air that was put into your colon during the exam.
- In general, it is 3-4 hours from the time you arrive in the Endoscopy Unit to the time you are ready to go home.
- When you get home after the test you will want to rest and take it easy for the rest of the day.
- It is important to stay hydrated with liquids after your procedure.
- Do not drive or operate any dangerous equipment until the next day because you still will be partially sedated from the medicine you have received.
- You should not drink alcoholic beverages that evening because of the sedation.
- Avoid making any important decisions until the day following the test because of the lingering effects of the drugs we have given you.
- Most people find that they feel perfectly normal the day following the test and can go back to work or otherwise resume normal activities without difficulty.
- The area where the IV was inserted may be somewhat tender for a day or two. You can relieve this by placing a warm, moist washcloth over the area. If it continues for more than a day or two, please let us know.

How to Contact Us

We appreciate the opportunity to participate in your health care and hope that you feel free to ask us any questions. If you have questions about our findings or recommendations, please feel free to call us at the GI Clinic (608) 287-2680 and we will return the call as soon as possible. If you feel your questions cannot wait until regular office hours, you may leave a message with our answering service, and they will contact the physician on call.

Call us immediately if:

- You have a new, severe, sharp or steady pain in your abdomen or chest.
- You have a fever over 100 degrees Fahrenheit.
- You have a shaking chill.
- You pass more than one tablespoon of blood from the rectum.