



# SOUTHWEST ENDOSCOPY

Robert M. Lynn, MD  
Howard K. Gogel, MD  
John A. Burdon, MD  
H. Naser Mojtahed, MD  
Gabrielle M. Adams, MD  
Andrew C. Mason, MD

Antoine F. Jakiche, MD  
Nikki L. Parker-Ray, MD  
Mitchal Schreiner, MD  
Michael K. Bay, MD  
Angelina Villas-Adams, MD

7788 Jefferson NE, Albuquerque, NM 87109  
Phone: (505) 999-1631 www.southwestgi.com

Diplomates of the American Board of Internal Medicine in Gastroenterology

## COLON EGD MoviPrep

Procedure Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Physician: \_\_\_\_\_

\_\_\_\_\_ **Southwest Endoscopy**  
7788 Jefferson NE  
Albuquerque, NM 87109  
(On east side of street, between  
San Antonio & Paseo Del Norte)  
(505)999-1600 phone

\_\_\_\_\_ **Lovelace Downtown**  
601 Martin Luther King Jr Ave  
Albuquerque, NM 87102  
(Report to the 1<sup>st</sup> floor “Admitting”)  
(505)727-8000 phone

## Preparation Instructions:

You are scheduled for a colonoscopy, a procedure in which a doctor examines the lining of your large intestine by looking through a flexible tube called a colonoscope. If there are any growths or other abnormalities found during the procedure, the doctor may remove the abnormal tissue for closer examination or biopsy. Please remember to arrange for a responsible adult to be here with you during the procedure. If you do not have a responsible adult driver, your procedure will be canceled and rescheduled. Review the preparation schedule below for the days preceding your colonoscopy. If you need further assistance please call the office at (505)999-1600.

### **1 Week Prior**

#### **Purchase the following:**

- \*MoviPrep from your pharmacy, You will need a prescription from our office.**
- \*Ducolax (Bisacodyl) Laxative 5mg, 4 tablet**
- \*OPTIONAL for sore bottom – Plain or Aloe Baby Wipes, Desitin or A&D Ointment**

Discontinue iron supplements or vitamins containing iron.

If you have diabetes please consult with your doctor for further instructions on managing medication.

Let us know if you are on Plavix or Coumadin.

Do not stop taking any medications unless otherwise instructed by your GI doctor.

### **3 Days Prior**

No fruits, vegetables, corn

No foods that contain seeds like tomatoes, green chili, sesame seed buns, etc

You can eat beef, chicken, fish, rice, pasta, breads without seeds, peanut butter, eggs, cheese and cereal.

### **LAST CHANCE TO CANCEL APPOINTMENT**

Please call our office if you need to reschedule your appointment (505)999-1600  
A \$100 fee will be assessed for cancellations with less than 48 business hours notice.

### **2 Days Prior**

Drink at least 8 large glasses of water throughout the day.

**NO SOLID FOODS AFTER MIDNIGHT**

**CLEAR LIQUID LIST**

Water

Coffee, Decaf Coffee (no milk or cream)

Tea (no laxative teas)

Soft Drinks – Regular or Diet

Apple, White Grape or Cranberry Juice

Gatorade, Kool-aide (NO RED OR PURPLE)

Lemonade, Limeade

Clear Fat Free Beef, Chicken or Vegetable Broth or Bouillon

Snow Cones, Popsicles (No Ice Cream or Sherbet)

Hard Candies

Jello (NO RED, Fruit or Toppings)

Alcohol is not permitted

**DO NO CONSUME RED OR PURPLE**

**PLEASE AVOID ANY LIQUIDS NOT ON THIS LIST**

**1 DAY PRIOR**

**BEGIN CLEAR LIQUID DIET – NO SOLID FOODS**

\*12pm: Take 4 Dulcolax (Bisacodyl) laxative tablets with 8oz of water.

\*Drink at least 6 large glasses of water during the afternoon.

\*At 5:00 pm empty 1 Pouch A and 1 Pouch B into the disposable container. Add lukewarm water to the top line of the container. Mix to dissolve. If preferred mix solution ahead of time and refrigerate prior to drinking (but no more than 24 hours prior).

\*The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approx. 8oz), until the full liter is consumed. Then drink 16oz clear liquids of your choice.

**Morning Procedure:** At 9:00 pm empty 1 Pouch A and 1 Pouch B into the disposable container. Add lukewarm water to the top line of the container. Mix to dissolve. Drink the MoviPrep as described above.

**Procedure Day**

**Morning Procedure,** take nothing by mouth except for your usual medications with small sips of water (see below).

**Afternoon Procedure:** 6 hours prior to your procedure, empty 1 Pouch A and 1 Pouch B into the disposable container. Add lukewarm water to the top line of the container. Mix to dissolve. Drink the MoviPrep as described on previous page. After you finish drinking your prep, take nothing by mouth except for your usual medications with small sips of water (see below).

\*Take completed Southwest Endoscopy Patient Medication History with you to the procedure.

\*Do not bring or wear jewelry. Leave valuables with the responsible adult who accompanies you.

\*Take your medications at least 2 hours prior to your procedure. **Do not skip heart, blood pressure or seizure medications.**

\*You will need your **Current Insurance Card, Picture ID** and **Copayment.**