



Colonoscopy (outpatient)

Your scheduled appointment is: Date _____ Time _____

Location:

___ TPMG Williamsburg Procedure Suite: 5424 Discovery Park Blvd., Bldg. A, Suite 101, Williamsburg, VA

___ Doctor's Surgery Center: 120 Kings Way, Williamsburg, VA

___ Port Warwick Sentara Medical Complex: Newport News, VA

Moviprep Prep

MEDICATIONS:

Continue all present medications up to the time of your procedure **unless** instructed as listed and checked below:

- ___ Stop _____, _____ days before procedure.
- ___ Stop _____, _____ days before procedure.

!Note: DO NOT TAKE ANY DIABETES MEDICATION (ex. Glyburide, glucitrol, insulin, etc.) **THE MORNING OF THE PROCEDURE.** Please ask us if you have any questions.

!Note: No seeds or nuts 7 days before your procedure

The day before the procedure start a clear liquid diet at breakfast time. You can have broth, popsicles, tea, coffee with no creamer or milk, soda, and/or Gatorade.

(NO RED or PURPLE liquids, as this gives the appearance of blood. NO JELLO/ NO DAIRY PRODUCTS.)

Once bowel preparation is complete, no further liquid intake, except for sips of water needed to take medications.

IMPORTANT POINTS:

- Everyone has different responses to bowel preparations. The importance of a good bowel preparation cannot be overemphasized. The final appearance should be yellow-to-green in color.
- In addition to the bowel preparation, it is important to drink large volumes of clear liquids to stay hydrated throughout the preparation time. Force fluids to stay hydrated. Drink at least 64 ounces of clear liquids to assist with the hydration. Examples of clear liquids include: Water, Gatorade, soda, coffee, iced tea, pulp-free lemonade, flavored water, apple juice, canned broths and popsicles.
- You will need to take off work the day of your procedure and will be unable to drive for 24 hours. You generally will be able to return to normal activities and work the next day.
- Someone will need to be present and wait while you have your procedure and drive you home. You cannot take a taxi unless a family member or friend rides with you.
- **Any questions, concerns, or need to reschedule your procedure, please contact us at 757-206-1190.**