|  |  |
| --- | --- |
| DIGESTIVE  DISEASE  SPECIALISTS, INC. | Baptist Medical Center Office  **David S. Stokesberry, MD**  3366 NW Expressway, Suite 300  Oklahoma City OK 73112  (405) 702-1300 or Toll-Free: (800) 787-6177 |

**NAME: DATE OF PROCEDURE:**

**ARRIVAL TIME: PROCEDURE TIME:**

|  |  |  |
| --- | --- | --- |
| **1 DDSI Ambulatory Endoscopy Center**  Baptist Physicians’ Bldg D  3366 NW Expressway, Ste 400  Oklahoma City, OK 73112 | **2 Integris Baptist Medical Center**  3300 NW Expressway  Oklahoma City, OK 73112  *Check in at Outpatient Registration* | **3 Integris Canadian Valley**  **Regional Hospital**  1201 Health Center Parkway  Yukon, OK 73099  *Check in at Outpatient Registration* |

**MOVIPREP for Morning Procedures**

Please read all instructions carefully several days prior to the day of your procedure.

Failure to follow these instructions may result in the cancellation of your procedure.

You will be medicated for this procedure. ***You must have someone with you to drive you home*.** Dr. Stokesberry will speak with you after the procedure. You may want to have your driver with you at that time, as you may not recall the discussion due to sedation. You will not be allowed to drive or to take a cab after your procedure. ***Arriving at the facility without arrangements for transportation may result in cancellation of your procedure*.**

Colonoscopy provides direct visualization of the inside of the rectum and the colon. The examination is performed with a flexible instrument. It is done for screening, to aid in the evaluation of your symptoms, or to clarify an abnormality seen on an x-ray. It is possible to remove a polyp or to take a biopsy during this examination.

**David S. Stokesberry, MD**

(405) 702-1300 or Toll-Free: (800) 787-6177

**COLONOSCOPY PREPARATION INSTRUCTIONS**

The following instructions are Dr. Stokesberry’s specific directions. Please follow the directions carefully.

5 DAYS BEFORE THE PROCEDURE

Stop taking any blood thinning medications, such as: aspirin, ibuprofen, Coumadin, iron or multi-vitamins that contain iron, Plavix, Celebrex, Pradaxa, Xarelto, or Eliquis. **If you are taking blood thinning medication or diabetes medication make sure to tell Dr. Stokesberry’s staff before discontinuing the medication as we may seek the guidance of your cardiologist or primary care provider.**

3 DAYS BEFORE THE PROCEDURE

Do not eat any raw vegetables or vegetables containing seeds, corn, popcorn and nuts. Stop any fiber supplements until after the procedure.

THE DAY BEFORE THE PROCEDURE

|  |
| --- |
| C:\Users\khardy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0HFP9HLK\MC900411244[1].wmf  THE DAY BEFORE YOUR EXAM YOU MUST MAINTAIN A CLEAR LIQUID DIET ALL DAY. NO SOLID FOODS OR DAIRY PRODUCTS ALLOWED. |

*A colonoscopy requires a clear liquid diet. A complete cleansing of the bowels is essential for effective results, so there will be no need for retesting.*

**Your Clear Liquid diet options for the day before your procedure:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Tea and Coffee | Clear Juices | Powdered Lemonade | Water/Vitamin Water | Carbonated Beverages |
| C:\Users\khardy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\DOP163PA\MP900448694[1].jpg |  |  |  |  |
| NO DAIRY | NO PULP  NO RED OR PURPLE | NO PULP | NO RED OR PURPLE | ANY CARBONATED DRINKS |
| Sports Drinks | Popsicles | Jell-O | Broths/Coconut Water | Honey/Sugar |
|  | WITHOUT MILK OR ADDED FRUIT |  |  |  |
| NO RED OR PURPLE | NO RED OR PURPLE | NO RED OR PURPLE |  |  |

MoviPrep Instructions

*Each MoviPrep kit contains a disposable container, 2 pouches labeled A, and 2 pouches labeled B. You must complete the entire prep to ensure the most effective cleansing.*

**THE DAY BEFORE THE PROCEDURE**

|  |  |
| --- | --- |
| Step 1 | MIX THE FIRST DOSE  The morning of: \_\_\_\_\_­­­­­\_\_\_\_\_\_   * 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   We recommend that you chill the MoviPrep solution after mixing. Some people prefer to drink MoviPrep with a straw.  The reconstituted solution should be used within 24 hours. |
| Step 2 | DRINK THE FIRST DOSE  At about 5:00 PM on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­\_\_\_\_\_\_   * The MoviPrep 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 consumed. * Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep. |
| Step 3 | MIX THE SECOND DOSE  After finishing the first dose   * 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.   If preferred, mix solution ahead of time and refrigerate prior to drinking.  The reconstituted solution should be used within 24 hours. |
| Step 4 | DRINK THE SECOND DOSE  At about 8:00 PM on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­\_\_\_\_\_\_   * The MoviPrep 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 consumed. * Drink 16 oz of a clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep. |

**THE DAY OF THE PROCEDURE**

* C:\Users\khardy\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\D3HVCIC3\MC900411244[1].wmfNOTHING BY MOUTH
* NOTHING TO EAT OR DRINK UNTIL AFTER YOUR PROCEDURE

Take your usual morning medications, especially those for blood pressure. If you are a diabetic, wait until after the procedure to take your usual dose of insulin or oral medications, after you have eaten a meal.