

**Colon Rectal Health Center**  
**Colonoscopy Preparation**  
**Drs. Steven Abbadessa & Brent Palmer**  
**314-966-7570**

Name \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_

**YOUR COLONOSCOPY WILL BE DONE AT OUR MAIN OFFICE**

**2315 Dougherty Ferry Road, Suite 107, St. Louis, MO 63122**

**Please arrive at the scheduled time.**

1. Patients with **sleep apnea** or those with a **CPAP** machine need to **bring that to our attention ahead of time** so that we can make provisions.
2. Stop all anti-inflammatories such as Naprosyn, Voltaren, Mobic, Indocin, Daypro, Orudis, Clinoril, Celebrex, Advil, Motrin, ibuprofen, or Aleve 7 days before the procedure. Please ask if you have questions. Continue all **other medication** until the morning of your procedure, but hold all meds on that morning.
3. Stop aspirin and Plavix (clopidogrel) 7 days before the procedure **UNLESS your doctor has you on these for a heart attack, angina, coronary stent, or stroke. In that case stop the medicines the day before the colonoscopy.**
4. **Stop Coumadin 3 days before the colonoscopy.** You may need to check with your primary physician about stopping the blood thinner.
5. Obtain your prep/kit from the pharmacy at least 5 days before your procedure.
6. The **DAY BEFORE** your colonoscopy you may have (before 9 a.m.) 2-3 eggs or yogurt or a can of an Ensure type drink. **DO NOT EAT ANYTHING AFTER 9 AM THE DAY BEFORE THE COLOSOCOPY, EVEN IF THE INSTRUCTIONS WITH THE PREP KIT SAY OTHERWISE.**
7. **Diabetics** taking insulin will need to adjust their dose the day **before** the exam. Check with us or your physician regarding this. For those on diabetic pills only, simply stop the pills the day **before** the exam. Check your blood sugars several times the day before and the day of the exam, and contact us if needed regarding abnormal readings.

8. Drink lots of fluids the day **BEFORE** the colonoscopy. You may have water, soda, Gatorade type drinks, juice, Popsicles, Jello, bouillon, broth, or even coffee without creamer. **NO red, purple or orange colored fluids, Popsicles, or Jello** as these may look like blood in your colon. **DO NOT DRINK ANYTHING AFTER MIDNIGHT BEFORE THE EXAM.**
  
9. USE OF COLONOSCOPY PREP KIT – the prep must be **COMPLETED at least 8 hours before your colonoscopy.** Generally it is easier to finish the prep before going to sleep.

MOVIPREP DOSING:

Beginning about 6 p.m. **the evening before** the procedure, drink the first liter of MoviPrep over 1 hour (one 8 oz glass every 15 min). **2 to 3 hours later** repeat this procedure. Also drink 32 oz of additional **clear** fluids during the evening before the colonoscopy.

OSMOPREP DOSING:

Beginning about 6 p.m. **the evening before** the procedure take the first regimen of one dose (4 tablets with 8 oz of any **clear** liquid) every 15 min for a total of 5 doses (20 tablets). **3 to 4 hours later** take the second regimen of one dose (4 tablets with 8 oz of fluid) every 15 min for a total of 3 doses (12 tablets).

SUPREP DOSING:

Beginning about 6 p.m. **the evening before** the procedure, drink the first 16 oz of Suprep mixture followed by two more mixing containers (32 total oz) of **clear** fluids over the next hour. **3 to 4 hours later** repeat this procedure.

PEG-3350 DOSING:

Mix and chill in refrigerator prior to use. Beginning about 6 p.m. **the evening before**, start drinking an 8 oz. glass of solution every 10 to 15 min for a total of **16 doses**. It usually is best to drink the mix quickly rather than slowly.

**REMEMBER: DO NOT EAT OR DRINK ANY FLUIDS THE DAY OF YOUR PROCEDURE, SO THAT THERE IS NOTHING IN YOUR SOMACH TO CAUSE A PROBLEM DURING SEDATION.**