



**The Austin Diagnostic Clinic  
Gastroenterology Specialists**  
North and South Austin offices  
512/901-4007 • [adclinic.com](http://adclinic.com)

**Your Doctor: Kevin Ho, M.D.**  
**Your procedure is scheduled at:**  
ADC Lakewood: 7600A Capital of Texas Highway  
(Loop 360), Building A, Austin, Texas 78731

**Preparation Instructions:**

Colonoscopy with MoviPrep	Prep-Start Date: _____ Arrival Time: _____	Procedure Date: _____ Procedure Time: _____
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**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 growths or other abnormalities are found during the procedure, the doctor may remove the abnormal tissue for closer examination or biopsy. **If this is a screening colonoscopy and a polyp is removed or other abnormalities revealed, YOUR CO-PAY WILL CHANGE. Contact your insurance company to see what your out of pocket expenses will be.**

**Please remember to arrange for a responsible adult to stay with you during your procedure and to drive you home. If you do not have a responsible adult your procedure will be cancelled and rescheduled. Please review the preparation schedule below for the days preceding your colonoscopy. Should you need further assistance please call Dr. Ho's office at (512) 901-4714.**

**Conditions & Medications**

**Diabetes:**

Check with your physician regarding your dose of insulin and other diabetic medications needed the day before and the day of your procedure. Inform your doctor that you will be on clear liquids the day prior to your procedure. Typically, we recommend that you do not take your oral hypoglycemic or insulin before your procedure. Bring it with you to take after your procedure. Check your blood sugar frequently while taking the bowel preparation solution and the morning of your procedure.

**Hip or Knee Replacement in the Past Six Months, Vascular Graft in the Past Year, Coronary Stent in the Past 6 Weeks:** You may need antibiotics before your procedure. Please inform the nurse and your physician.

**Aspirin:**

If you are taking aspirin, please check with your referring or primary physician as to if or when you should stop taking the aspirin. If you are taking aspirin due to a doctor's order to prevent stroke or heart attack, we generally recommend you continue to take it.

**Coumadin, Plavix, Heparin, Lovenox or other Anticoagulants:**

Ask the physician who prescribed your medicine how to take it before and after your procedure. If you cannot contact your physician, call us several days in advance before your exam. If you take Coumadin, you may need a blood test on the day before your exam.

*Please do not assume that you can safely follow the same medication adjustments that have been made for any previous procedures or surgeries!*

General Information	5 Days Before Colonoscopy	1 Day Before Colonoscopy	The Day of Colonoscopy
<p><b><u>About Colonoscopy:</u></b> Bowel preparation (cleansing) is needed to perform effective colonoscopy. Any stool remaining in the colon can hide lesions and result in the need to repeat the colonoscopy. It is critical that you follow the instructions as directed.</p> <p><b>Note:</b> You must take BOTH 32 ounce bottles of the Gatorade/Miralax prep solution as directed to clean your bowel adequately. If you are passing clear liquid you must still take the entire dose the day before your exam. Do not take more than 238-gram dose of Miralax!</p> <p>Your physician will discuss your procedure with you when you are in the recovery room.</p> <p>Every effort will be made to keep your appointment at the scheduled time, but in medicine, unexpected delays and emergencies may occur and your wait time may be prolonged. We give each patient the attention needed for his or her procedure.</p> <p><b><u>What to Wear:</u></b> Wear comfortable, loose fitting clothing that is easy to step into. Wear flat shoes or tennis shoes. Do not wear jewelry or bring valuables.</p> <p><b><u>Clear liquid diet: As a general rule – if you can see through it, you can drink it.</u></b> Gatorade is the preferred clear liquid (no red or purple), clear fruit juices, white grape juice and apple juice, water, Kool-Aide, PowerAde (no red or purple), clear soup, broth or bouillon, popsicles (no red or purple), tea or coffee without cream, hard candies, soda pop, 7-Up, Sprite, regular or diet Pepsi, Coke, Dr. Pepper, Ginger Ale, orange soda (no red or purple), and Jello (no red or purple).</p> <p><b>NOTE: There will be a \$75 charge if you cancel your procedure within 3 business days of your scheduled date.</b></p> <p><b><u>Scheduling Information: 512/901-4496</u></b></p> <p><b><u>Clinical Information: 512/901-4714</u></b></p>	<p><b>Read all prep instructions!</b> Contact prescribing physician for instructions on dosage of blood thinners.</p> <p>Stop herbals, vitamins and oral iron supplements.</p> <p>Arrange for a driver for your procedure.</p> <p><b><u>Conditions &amp; Medications</u></b> Please see the instructions on the previous page.</p> <p><b><u>2 Days Before Colonoscopy</u></b> Obtain the following bowel preparation products from your pharmacy:</p> <p>MoviPrep is available by prescription only.</p> <p><b>Stop</b> any anti-inflammatory medications, (Motrin, Advil, Ibuprofen). <b>Celebrex and Tylenol are fine to use.</b></p>	<p>NO SOLID FOOD NO ALCOHOL Clear liquids ALL DAY Drink an extra 8 ounces of clear liquid every hour while awake. <b>Gatorade is preferred.</b></p> <p><b>5 PM:</b> 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. The reconstituted solution should be used within 24 hours. The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 ounces), until the full liter is complete. Drink 16 ounces of the clear liquid of your choice.</p> <p>You are encouraged to continue to drink clear liquids until you go to bed.</p> <p>Your may apply a petroleum based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.</p> <p>Confirm that you have a driver for your procedure.</p>	<p>NO SOLID FOOD NO ALCOHOL</p> <p>You may take your morning medications with a sip of water.</p> <p><b>4-5 hours prior to leaving for the procedure.</b> 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. The reconstituted solution should be used within 24 hours. The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 ounces), until the full liter is complete. Drink 16 ounces of the clear liquid of your choice.</p> <p><b>Have nothing to eat or drink for 3 hours prior to procedure.</b></p> <p>After the procedure you may eat your usual diet unless otherwise directed. Drink 8 ounces of liquid at least 6 times after the procedure and before retiring for the night.</p> <p><b>Your driver must remain in the facility during your procedure!</b></p>