

**1:00pm – 5:00 PM**

**MoviPrep**

**COLONOSCOPY PREPARATION INSTRUCTIONS**

Colonoscopy ---- a life-saving procedure

Fill your prescription for MoviPrep. You should be able to fill this at your local pharmacy.

Steps to a clean colon and, therefore, a successful colonoscopy!

**FOR 2 FULL DAYS BEFORE YOUR PROCEDURE DAY:**

DO NOT eat any seeds, nuts, or corn.

**THE DAY BEFORE YOUR PROCEDURE DAY:**

You may have light breakfast (no later than 10:00 AM.)

Examples of a light breakfast are eggs, cereal, or toast.

After 10:00 AM you are to go on a CLEAR LIQUID DIET.

Examples: Tea, Coffee without milk or cream, Soda (Cola, Sprite), juices without pulp (apple and white grape) water, Gatorade, clear broth. NO "PULP FREE" ORANGE JUICE, Jello (DO NOT EAT RED OR PURPLE JELLO, BECAUSE IT WILL LOOK LIKE BLOOD IN THE COLON).

**THE DAY AND EVENING BEFORE YOUR PROCEDURE DAY:**

Drink at least ten (10) eight-ounce glasses of the clear liquids (see list above). The more you drink, the better the preparation will work and the better you will feel.

**ON THE DAY BEFORE YOUR PROCEDURE:**

**Step 1: @ 8:00pm FIRST LITER**

Add water to liter container and shake until medication is dissolved. Drink 8 ounces every 15 minutes until the entire container is finished.

DRINK AN ADDITIONAL HALF-LITER OF CLEAR LIQUID.

**ON THE DAY OF YOUR PROCEDURE:**

**Step 2: FOUR (4) Hours Before your Procedure ( ) AM/PM**

**SECOND LITER**

Add water to liter container and shake until medication is dissolved. Drink 8 ounces every 15 minutes until the entire container is finished.

DRINK AN ADDITIONAL HALF-LITER OF CLEAR LIQUID.

**YOU MUST COMPLETE BOTH STEPS.**

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**YOU MAY DRINK CLEAR LIQUIDS UP UNTIL 2 HOURS PRIOR TO YOUR PROCEDURE  
NOTHING BY MOUTH FOR 2 HOURS PRIOR TO YOUR PROCEDURE. NO LIQUIDS, GUM, OR CANDY.  
IF YOU HAVE ANYTHING BY MOUTH WITHIN 2 HOURS OF YOUR PROCEDURE, WE WILL HAVE TO  
RESCHEDULE YOUR PROCEDURE FOR ANOTHER DAY.**

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→Please arrive at \_\_\_\_\_ am/pm for your scheduled procedure with your latest insurance card(s) and photo ID.

**YOU MUST HAVE SOMEONE WITH YOU TO DRIVE YOU HOME BECAUSE YOU WILL HAVE BEEN SEDATED. IF YOU DON NOT HAVE SOMEONE TO DRIVE YOU HOME, YOUR PROCEDURE WILL BE RESCHEDULED.** In

general, most of your regular medications can be taken by mouth at your usual time before your colonoscopy. Doses of certain medications such as insulin or other diabetic medications, blood thinners (Coumadin, Aspirin, Ibuprofen) and iron pills will likely be advised by your doctor(s) to be reduced or held. Please make sure to discuss your medications with your doctor(s).

**BRING A WRITTEN LIST OF ALL MEDICATIONS, VITAMINS, AND FOOD SUPPLEMENTS YOU ARE TAKING**

**Springfield ASC**  
1528 Bethlehem Pike, Flourtown PA 19031  
Phone: 215-402-0600  
Fax: 215-402-0604

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## **COLONOSCOPY**

A colonoscopy is a procedure where a thin flexible tube is inserted through the anus into the rectum and colon (large intestine). It is the most accurate way to identify and remove colon polyps, detect and biopsy colon tumors, and diagnose other abnormal conditions which may affect the colon, such as colitis, ulcers, bleeding sources, etc. In order for you to be comfortable during the procedure, intravenous sedation will be administered, which will prevent any discomfort. Colonoscopies usually take approximately 30 minutes to perform, and you will be observed for approximately 30 minutes in the Recovery Area as the sedation wears off. You will need a responsible adult to take you home after the procedure, and you should plan on resting for the remainder of the day. The person taking you home should remain at the Center during your procedure, since you will be ready to go home in one hour or less.

In general, a colonoscopy is a very safe procedure, but is not completely risk free. If you should require hospitalization, you will be transported to Chestnut Hill Hospital via ambulance.

In order for your doctor to be able to visualize the colon as accurately as possible, you will need to take a bowel preparation prior to the colonoscopy. The better the bowel is prepared (cleaned out) the more accurate, safe, and comfortable your colonoscopy procedure will be. If you have any questions or problems with the bowel preparation instructions, please ask us for clarification **before your scheduled procedure date.**

### **CHECK LIST:**

Your Colonoscopy is scheduled for \_\_\_\_\_ at \_\_\_\_\_ am / pm

PLEASE ARRIVE AT \_\_\_\_\_ am / pm

A responsible adult must take you home. You are not allowed to drive until the next day after receiving sedation.

Bring your latest insurance card(s) with you so we can properly bill the services to your insurance co. for you.

### **PLEASE TAKE NOTE AND REMEMBER:**

- You must follow the bowel preparation instructions exactly and completely (see other side).
- You must have someone stay during the procedure and drive you home afterwards.
- You must rest for the remainder of the entire day after your procedure.
- You are not permitted to drive until the next day, receiving sedation.

**We cannot perform the colonoscopy without having a valid referral from your insurance company prior to the procedure. The following is information for your primary care physician's use.**

### **For Aetna HMO PLANS (US Healthcare) Insurance billing we need:**

If referral from your office visit is dated within 90 days of procedure, as long as it has 4 total visits, no additional referrals are needed.

This is made out to "**Hillmont G.I., P.C.**" with **provider number 0536918.**

All procedures scheduled **without** an office visit must have 2 referrals. The 1<sup>st</sup> to the above with **4 visits for procedure code 99499.**

The 2<sup>nd</sup> referral must be for the Center/Facility where the procedure takes place. This is made out to "**Springfield ASC**" with **provider number 970740 and procedure code 99499.**

### **For Keystone Insurance billing we need:**

Two (2) separate referrals from your Primary Physician:

The 1<sup>st</sup> referral must be for our Physician who will be performing the procedure. This is made out to "**Hillmont G.I., P.C.**" with **provider number 0845231000 and procedure code 99499.**

The 2<sup>nd</sup> referral must be for the Center/Facility where the procedure takes place. This is made out to "**Springfield ASC**" with **provider number 0001394000 and procedure code 99499.**