

Date:

Time:

Go to Burnaby General Hospital Patient Registration with your care card and valid picture ID.

Follow Instructions Below:

- PLEASE ARRANGE A DRIVER. YOU NEED SOMEONE TO ACCOMPANY YOU AFTER THE PROCEDURE. YOU CANNOT USE A TAXI OR THE BUS. YOU NEED TO CONFIRM THIS APT.

MOVIPREP INSTRUCTIONS:

Purchase Moviprep from local drug store. No prescription is required.

Start on a clear fluid diet 3 days before procedure consisting of clear soups, soft foods etc. Avoid high fibre foods including nuts, seeds, and leafy green vegetables. Ensure that you drink plenty of fluids to stay hydrated.

Morning colonoscopy:

1. Mix all packets (4 in total) of Sachet A and Sachet B of Moviprep with a total of 2 litres of water.
2. start drinking this Moviprep solution at 6 PM. You should drink approximately 1 glass every 15 minutes over the span of 2-3 hours to finish.
3. Make sure you drink all of the solution.
4. You may continue drinking clear fluids up to 2 hours before your procedure.

Afternoon colonoscopy:

1. Mix one Sachet A with one Sachet B of Moviprep with 1 litre of water.
2. Start drinking this Moviprep solution at 7 PM at approximately 1 glass every 15 minutes. You should finish in 1 – 2 hours.
3. In the next morning, mix one Sachet A with one Sachet B of Moviprep with 1 litre of water.
4. Start drinking this Moviprep solution at 7 AM at approximately one glass every 15 minutes. You should finish in 1 – 2 hours.
5. Make sure you drink all of the solution.
6. You may continue drinking clear fluids up to 2 hours before your procedure.

ANTICOAGULATION INSTRUCTIONS (BLOOD THINNERS)

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| Aspirin | - You can continue taking this. |
| Pradax (Dabigatran) | - Stop taking this 2 days before your procedure. |
| Xarelto (Rivaroxaban) | - Stop taking this 2 days before your procedure. |
| Eliquis (Apixaban) | - Stop taking this 2 days before your procedure. |
| Warfarin (Coumadin) | - Stop taking this 5 days before your procedure. |
| Plavix (Clopidogrel) | - Stop taking this 5 days before your procedure. |
| Prasugrel | - Stop taking this 7 days before your procedure |

If you are of any other blood thinners that are not listed above, let our office know please.

Nalini

Electronically Authenticated by PLEXIA EMR

Accepted By: Nalini - Jan 14, 2018

Entered By: Nalini - Jan 14, 2018