





## Colonoscopy Prep Instructions – MOVIPREP - Split Dose Prep

**PLEASE READ ALL INSTRUCTIONS CAREFULLY WHEN PROCEDURE IS SCHEDULED**

5-7 DAYS PRIOR	3 DAYS PRIOR	ONE DAY PRIOR	THE DAY OF PROCEDURE
<p>Take your PRESCRIPTION to the pharmacy and purchase:</p> <div style="text-align: center;">  <p style="font-size: small;">Pharmacia</p> </div> <p>Read over approved clear liquid list in advance to allow yourself time to stock up on these items for your preparation days.</p> <div style="text-align: center;">  </div> <p>If you take medication to thin your blood, such as Coumadin (warfarin), Plavix (clopidogrel), Xarelto (rivaroxaban) or Pradaxa (dabigatran), Eliquis (apixaban), Aggrenox (aspirin/dipyridamole), etc., ask the doctor that prescribed it for instructions prior to stopping the medication. Aspirin may be continued.</p> <p><b>STOP</b> all fiber supplements or medications containing iron 7 days before your appointment. This includes multi-vitamins with iron, Metamucil, Citrucel and Fibercon.</p> <p>Arrange for a driver on the day of your procedure.</p>	<p><b>STOP</b> consuming all high fiber foods/roughage.</p> <ul style="list-style-type: none"> <li>• NO raw vegetables</li> <li>• NO corn (raw or cooked)</li> <li>• NO whole wheat or high fiber breads</li> <li>• NO nuts or popcorn</li> <li>• NO bran or bulking agents</li> </ul> <p>Confirm that you have a driver for the day of the procedure. A taxi or bus is NOT allowed unless you are accompanied by a family member or friend.</p> <p>Review and complete paperwork</p>	<p><b>NO SOLID FOOD      NO ALCOHOL</b> Clear liquids ALL DAY</p> <p><b>AVOID</b> anything red or purple in color. <b>NO</b> milk products or non-dairy creamer. <b>SEE ATTACHED LIST OF CLEAR LIQUIDS</b></p> <p><b>DIABETICS:</b> Do NOT take oral medication DIABETA, GLUCOPHAGE, METFORMIN or JANUVIA Take ½ of your regular insulin dose</p> <hr/> <p style="text-align: center;"><b>AT 5:00 PM</b></p> <p>-Mix one (1) Pouch A and one (1) Pouch B into the disposable container. Add lukewarm water to the top line on container. Mix to dissolve.</p> <div style="text-align: center;">  </div> <p>-The Moviprep container is divided by 4 marks on the bottle. Every 15 minutes, drink the solution down to the next line until the solution is gone. -Follow with 16 oz. of clear liquid of your choice.</p> <div style="text-align: center;">  </div> <p>Continue on clear liquids until bedtime. <b>***IF PREFERRED - PREPARE AND REFRGERATE!</b> Must use within 24 of mixing.</p>	<p><b>NO SOLID FOOD      NO ALCOHOL</b></p> <p><b>DIABETICS:</b> Do NOT take oral medication DIABETA, GLUCOPHAGE. METFORMIN or JANUVIA</p> <p>- If you are Insulin dependent, do not take your morning dose of insulin.</p> <p>- You must check your blood sugar before leaving home. If your level is above 300, please take your Regular insulin according to your sliding scale.</p> <p>- Please bring your insulin with you to procedure center. -All patients may take morning medications with sips of water. At _____: 4 hours prior to your procedure:</p> <p><b>REPEAT PREVIOUS DAY'S PREP!</b> Mix one (1) Pouch A and one (1) Pouch B into the disposable container. Add lukewarm water to the top line on container. Mix to dissolve. -The Moviprep container is divided by 4 marks on the bottle. Every 15 minutes, drink the solution down to the next line until the solution is gone. -Follow with 16 oz. of clear liquid of your choice. You may continue to drink water until: 3 HOURS PRIOR to procedure.</p> <p>Drinking liquids within these 3 hours will cause us to cancel or postpone your procedure.</p>

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A Colonoscopy has been recommended to you. This examination involves guiding a tubular, flexible instrument through the rectum and into the entire colon. The preparation for the procedure is IMPORTANT. It does cause diarrhea and possibly abdominal cramping.

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## CLEAR LIQUIDS – No RED or PURPLE

Must be something you can see through...



- Gatorade or PowerAde
- Clear broth or bouillon – chicken or beef
- Coffee or Tea (*no milk or non-dairy creamer*)
- Carbonated and Non-Carbonated Soft Drinks
- Kool-Aid or Crystal Light
- Strained Fruit Juices (*no pulp*)
- Jell-O, Popsicles, or Italian Ice

DON'T FORGET - these foods are **NOT ALLOWED!**



- Milk or milkshakes
- Cream or non-dairy creamer
- Orange, Grapefruit or Tomato Juice
- Creamed Soups or any soup other than broth
- Oatmeal
- Cream of Wheat

## Colon Cleansing Tips

- You may use over the counter hydrocortisone creams, tucks pads or baby wipes as necessary for skin irritation. Be sure to get alcohol free!
- Chill the solution in refrigerator or by placing in a bowl of ice. DO NOT add ice to the solution.
- Stay near the toilet! You will have diarrhea, which can be quite sudden...this is normal!
- If you experience nausea or vomiting, rinse your mouth with water and take a break 😊 Wait 45 minutes and then resume drinking the prep. If necessary, slow down, let your stomach settle between glasses.
- It is common to experience abdominal discomfort until the stool has flushed from your colon.
- Some find it easier to drink through a straw.
- Eventually your stools will be liquid, and clear enough to see the bottom of the toilet.
- If you feel for any reason your prep is not working, please be sure to call us so we can assist you in completing the prep process.
- **EVEN AFTER STOOLS BECOME CLEAR YELLOW LIQUID – YOU MUST DRINK ALL OF THE PREP!**

## THINGS TO BRING WITH YOU!

- ✓ A RESPONSIBLE DRIVER
- ✓ YOUR INSURANCE CARDS
- ✓ A PHOTO ID
- ✓ SIGNED PAPERWORK FOR FACILITY