

MOVIPREP COLON PREPARATION INSTRUCTIONS

You must purchase:

One prescription MOVIPREP BowelPrep
Small jar of Vaseline

***Five days before the Exam:**

Restricted residue diet: Do not eat seeds, nuts, popcorn, or corn. Stop fiber supplements; Metamucil, Citrucel, Fibercon, etc.

Stop blood thinners and aspirin, including Alka-Seltzer, Excedrin, Goody's, BC's, etc. Tylenol is OK. (see "Other Important Instructions" on page 2)

Stop Iron Pills

***The day before the Exam:**

You may take certain medications, (see list on page 2)

Drink only CLEAR LIQUIDS the rest of the day (see list on page 2)

Use Vaseline around the rectum to protect the skin during the colon prep.

7:00AM: Mix 1 pouch A and 1 pouch B with water (IF YOU PREFER FLAVORING, mix in Crystal Light Lemonade) in disposable container and refrigerate.

6:00PM: Drink 8 ounce glass of solution (or down to first mark on prep container) every 15 to 30 minutes and repeat until container is empty. Mix remaining pouch A and remaining pouch B with water (IF YOU PREFER FLAVORING, mix in Crystal Light Lemonade) in disposable container and refrigerate.

Drink an additional 2 glasses of any clear liquid between 8:00 - 9:00 PM.

******IF YOU FEEL NAUSEOUS, SLOW DOWN DRINKING YOUR PREP******

It is important to finish prep, because if you don't finish the entire prep, your procedure may have to be rescheduled.

10:00PM: Drink 8 ounce glass of solution (or down to first mark on prep container) every 15 – 30 minutes and repeat until container is empty.

Drink an additional 2 glasses of clear liquid

This should be completed no later than 2:00 a.m., then nothing else by mouth

***The morning of the Exam:**

Do not eat or drink anything, except the water as needed to take medications.
See morning medication instructions listed below. **

Clear Liquids List

Soft drinks (orange soda, ginger ale, cola, Sprite, 7-UP, etc.)
Gatorade or other sports drinks, Kool-Aid
Strained fruit juices without pulp (apple, white grape, orange lemonade, etc.)
Water, tea, or coffee without cream, milk, or non-dairy creamer
Broth-type soups (fat-free chicken, or beef broth or bouillon)
Desserts (hard candies, Jello-O, (lemon, lime, or orange without fruit), popsicles)

(NOTE- Avoid red and purple coloring):

Other Important Instructions:

You will be sedated. You **MUST** have someone with you to drive you home and to help you remember the doctor's instructions after the procedure. **YOUR DRIVER MUST STAY WITH YOU, NOT DROP YOU OFF AND RETURN LATER.**

MEDICATION INFORMATION

***Five days before the Exam:**

Do not take aspirin or blood thinners such as Coumadin or Plavix for five days before the exam. **If you have an artificial heart valve or other condition that makes it dangerous to stop your blood thinner for five days**, tell us so we can decide whether to proceed with the exam despite the increased risk of bleeding. Consult your cardiologist or other physician who prescribes the blood thinner if there is any doubt about the safety of stopping it for 5 days or longer.

***The day of Prep and morning of the Exam:**

On the day of the prep and the morning of the exam, continue taking medications for blood pressure, heart disease, breathing or seizures. Also, if you regularly take sedatives, nerve pills, sleeping pills, or pain medications continue taking them as usual. Do not take iron pills, Pepto-Bismol, Metamucil, or other fiber supplements during the colon prep.

Diabetic patients should not take diabetes pills on the day or the morning of the colonoscopy. Most patients should take ½ their insulin dose the day of the prep and hold their insulin until

after the colonoscopy the morning of the procedure, when you are ready to eat. If you have difficulty controlling diabetes or have concerns regarding your diabetes medications and the prep, contact your diabetes doctor.