

MoviPrep Instructions

7 DAYS BEFORE YOUR COLONOSCOPY:

- Discontinue use of the following: Aspirin, Advil, Aleve, Motrin, Ibuprofen, Ecotrin, Nuprin, Indocin, Celebrex, Vitamin E, Multivitamin, Fish Oil (just pill, you can eat Fish), Nuts and Seeds.
- If you are taking blood thinners (Plavix or Coumadin) or diabetes medications, follow the doctor's specific instructions.
- Continue taking your blood pressure medication

1 DAY BEFORE YOUR COLONOSCOPY:

- You may **not** have any **solid food** from the time you wake up, until the time you go to bed. Drink **ONLY clear liquids** all day. A clear liquid is any liquid that you can see through. The more liquids you consume, the better the cleansing.

Clear Liquid:

- Gatorade, Pedialyte or Powerade Clear Broth or Bouillon
- Coffee or Tea (No Milk or Non-Dairy Creamer)
- Carbonated and Non-Carbonated Soft Drinks
- Kool-Aid or Other Fruit-Flavored Drinks Strained Fruit Juices (No pulp)
- Jell-O, Popsicles, Hard Candy

Not Clear Liquid:

- *No red or purple items of any kind*
- *No alcohol*
- *No milk or non dairy creamers*
- *No noodles or vegetables in soup*
- *No juice with pulp*
- *No liquid you cannot see through*

- At **4 pm**, you will mix the **first dose** in the disposable container, and drink according to the directions found under "Prepare the Laxative" below.
- At **9 pm**, you will mix the **second dose** in the disposable container, and drink according to the directions found under "Prepare the Laxative" below.
- **Nothing to drink after midnight.**

DAY OF YOUR COLONOSCOPY:

- You may take your morning blood pressure medication as usual with a slight sip of water. Blood thinners and diabetes medications: follow doctors specific instructions for the day before and morning of your procedure. You are ready for the exam if you followed all instructions and your stool is no longer formed, but clear or yellow liquid.
- Bring your medication reconciliation sheet with you. If one was not provided, bring a list of medications you currently take, including the dosage of these drugs, and the last time you took them.
- Bring your insurance card, license and co-pay.
- All females under the age of 50 will be asked to provide a urine sample prior to the procedure.
- An adult must drive your home from your procedure. You will be given medications to sedate you during the procedure and you will be unable to drive home, and for the remaining of the day. Your ride should be in the office to pick you up 1 hour after your scheduled procedure. Even though you may not feel tired, your judgment and reflexes will be impaired.

PREPARE THE LAXATIVE:

- Empty **1 pouch A** and **1 pouch B** into the **disposable container**. Add unsweetened iced tea or Crystal Light to the top line of the container. Mix to dissolve.
- The container is divided into 4 marks. Every 15 minutes, drink the solution to the next mark (approximately 8 oz), until the full liter is consumed.
- Drink 16 oz of clear liquid immediately after you finish the liter of MoviPrep.
- Repeat the above instructions when mixing the **second dose at 9 pm**.