

PREPARATIONS FOR MORNING COLONOSCOPY WITH MOVIPREP

If you take coumadin or warfarin, or if you have an artificial heart valve or defibrillator contact the office before you begin this prep. Do not take aspirin for five days prior to your procedure. If you are on diabetic medication or anti-hypertensive (blood pressure) medication, contact your primary care doctor or family doctor for instructions regarding what to do about this medication while you are preparing for colonoscopy.

THE DAY BEFORE COLONOSCOPY APPOINTMENT:

1. Drink only clear liquids for breakfast, lunch, and dinner. (NO solid foods, milk, or milk products.) See attached for approved liquids.
2. Drink plenty of clear fluids.
3. There will be two plastic-wrapped bags of pouches. Open one plastic bag, and empty 1 Pouch A and 1 Pouch B into the container. Add lukewarm water to the top line of the container and shake to dissolve. Place in refrigerator to chill.
4. At 6:00 PM, begin drinking the solution. The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz.), until the full liter is complete. It is best to drink rapidly rather than sipping; a straw may help. Then drink 2 additional 8 oz. glasses of the clear liquid of your choice. Drinking this additional liquid is VERY IMPORTANT to insure your hydration and yield the best possible prep.
5. After completing the container, empty the remaining Pouch A and Pouch B into the container, fill with water and shake, and place in refrigerator.
6. At 8:30 PM, drink the solution again exactly as in step 3. Do not forget to drink the additional 2 glasses of clear liquid.

THE DAY OF YOUR PROCEDURE:

1. You can continue to drink clear liquids up to 6 hours prior to your colonoscopy appointment.
2. Arrive 30 minutes BEFORE your appointment time so that you have time to complete paperwork and have the IV placed for the sedative medication.

CLEAR LIQUID DIET:

- BROTH (fat free)
- Bouillon
- Carbonated beverages (Sprite, 7-Up, Coke, Pepsi, Dr. Pepper, etc.)
- Coffee, regular or decaf (NO creamer)
- Fruit juice (pulpless)
- Jell-O (NO red, orange or purple)
- Popsicles (NO red, orange, or purple)
- Tea
- Gatorade (NO red, orange, or purple)
- Crystal Light

Red, orange, or purple dye in a drink may stain the lining of the colon and be mistaken for blood.