

# INSTRUCTIONS for COLONOSCOPY

## MOVIPREP SPLIT PREPARATION

### MEDICATIONS:

- Take your usual prescription medications.
- One week before procedure, stop taking iron, aspirin, Advil (ibuprofen), Aleve, Vitamin E or herbal supplements.
- You may take **TYLENOL** (acetaminophen), other non-narcotic pain relievers & other non-narcotic pain relievers prescribed by your physician.
- If you use other prescription pain relievers, ask the doctor or nurse when the last dose can be taken prior to procedure.
- If you take Coumadin or blood thinners, please contact your primary doctor for specific instructions on usage before, during and after your procedure.

### You will need to purchase:

- **MOVIPREP KIT – PRESCRIPTION**

### \* DAY BEFORE COLONOSCOPY \*

DATE: \_\_\_\_\_

AM –Empty (1) Pouch A and (1) Pouch B into the container. Add water to the top line on the side of container and refrigerate.

### DIET:

- **CLEAR LIQUIDS ONLY**
- **DO NOT EAT ANY SOLID FOODS ALL DAY**

### CLEAR LIQUIDS INCLUDE:

- Water
- Fruit juices w/o pulp – apple, white grape/cranberry, pineapple
- Clear broth or bouillon (chicken, beef or vegetable flavor)
- Coffee or tea w/o milk or creamer
- Sugar, artificial sugar, honey
- Gatorade
- Soda (regular or diet)
- Black Coffee (decaf / regular)
- Jell-O (green, yellow and orange flavor ONLY)
- Popsicles or Italian Ice
- Kool-Aid or Flavored Drinks
- Hard Candy

**\*\*DO NOT DRINK RED, BLUE OR PURPLE LIQUIDS\*\***

### PREP:

### MOVIPREP SOLUTION

- The container has (4) marks on the side. Starting at 5:00pm, every 15 minutes you must drink the liquid down to the next marking on the side of the container until the container is empty (this process should take about 1 hour).
- If you feel nauseated during the process, take a break from drinking until your stomach settles and restart the process again.
- After finishing the first dose of the MoviPrep, mix the second portion of the prep. Empty (1) Pouch A and (1) Pouch B into the container. Add water to the top line on the side of the container and refrigerate until the following morning.
- Before retiring, drink at least three (3) 8oz glasses to help prevent dehydration.

**REMEMBER TO STAY CLOSE TO TOILET FACILITIES, AS THE LAXATIVE WILL WORK QUITE SUDDENLY.**

### \* DAY OF COLONOSCOPY \*

DATE: \_\_\_\_\_

- 4 hours prior to your procedure you must finish the remaining solution. Repeat the above step drinking the solution down to the next marking every 15 minutes until the container is empty. It should take about an hour to finish.

**DO NOT EAT OR DRINK ANYTHING. YOUR TEST WILL BE CANCELLED IF YOU DO.**

### For PM appointments:

- You are allowed to have clear liquids up to 6oz. before \_\_\_\_\_am and **NOTHING TO DRINK** after the time.
- Your driver must accompany you to your procedure and stay until the procedure is completed and you are ready to leave. **NO TAXI CABS ARE ALLOWED.** Do not drive an automobile, operate machinery or drink alcohol for 12 hours after the procedure due to sedation effects of the medications used.
- If you're having a problem with your colonoscopy preparation after hours, please call our main line at (703) 698-8960 and the answering service will call the on call doctor for you.