

MoviPrep Colonoscopy Preparation
Please read these instructions carefully at least one week prior to your exam.

Three days prior to your procedure:

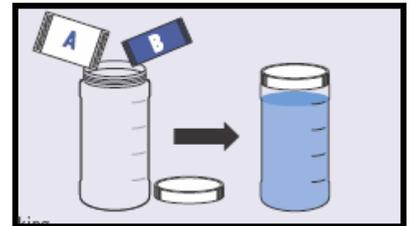
- **Stop taking aspirin and other blood thinners such as Coumadin, Plavix, and Aggrenox.** (If you have an artificial heart valve, you need to speak to your cardiologist about this.)
- Be sure we know if you have an artificial heart valve or internal defibrillator.
- Stop iron and fish oil supplements. Avoid products with Olestra (the “fake fat”).
- Avoid eating nuts, seeds and popcorn as residual debris can clog the colonoscope.
- Fill your prescription for the MoviPrep if you have not already done so.

The Day before the procedure:

- If you are diabetic, please refer to the separate instructions for adjustments to your medications.
- Stop taking non-steroidal anti-inflammatory medications like Advil, Aleve, ibuprofen etc. (Tylenol is okay.) Continue to avoid aspirin.
- If you tend to be constipated, take 2 Dulcolax (Bisacodyl 5 mg) pills in the morning.
- After that you must consume **CLEAR LIQUIDS ONLY**, such as:
 - Clear juices such as apple, grape or cranberry
 - Soda pop and sports drinks such as Gatorade.
 - Popsicles and Jell-O (NO red or blue Jell-O though!)
 - Coffee and tea (without cream)
 - Broth or bouillon.
 - Hard candy such as Lifesavers.
- You will be drinking two 1-liter bottles of prep solution at two different times. Most people find it easier to drink it chilled, so you will want to mix it up ahead of time and refrigerate it. Bowel preparation tends to be better the closer it is done to the procedure. Therefore:
 - If your procedure is scheduled at or before 10 am: Start drinking the first liter of the MoviPrep at between 4-6 pm and the 2nd dose 3 hours later (between 7-9 pm).
 - If your procedure is scheduled after 10 am: Start drinking the first liter of the MoviPrep at between 6-8 pm. Take the 2nd dose early in the morning on the day of the procedure between 4-7 am. Be sure to finish it at least 4 hours before you need to leave the house.

Preparing and drinking your MoviPrep solution:

1. Empty 1 pouch A and 1 pouch B into the disposable container. Add lukewarm water to the top line of the container. Mix to dissolve. Refrigerate.
2. The MoviPrep container is divided by four marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 ounces), until the full liter is complete. You may start going to the bathroom after only a couple of glasses, **but** be sure to drink **ALL** of the solution.
3. Drink at least 16 ounces of the clear liquid of your choice over the next hour.
4. Prepare the second container of MoviPrep as soon as you've emptied the first, and refrigerate.
5. **Repeat steps 2 and 3 at the time specified above.**
6. Remember to keep drinking other clear liquids to prevent dehydration from the diarrhea.



On the Day of the procedure:

- You can continue drinking clear liquids until 4 hours before the procedure. **Four (4) hours prior to procedure, nothing by mouth including gum, water, mints, and lozenges.** Please do not have anything, even water within that 4 hour period prior to the procedure. Doing so may cause a cancellation of your procedure.

After the procedure:

- **Someone needs to come with you to drive you home.** You CANNOT drive or take public transportation.
- You must not drive or make important decisions for 12 hours after the procedure. Your judgment can be impaired for that length of time.