

## **COLONOSCOPY PREPARATION INSTRUCTIONS FOR MOVIPREP**

If you have any questions after you read these instructions, please call us at 310-858-2224.

### **INSTRUCTIONS REGARDING MEDICATION USE PRIOR TO YOUR COLONOSCOPY**

1. Unless you have already done so, notify our office if you have a heart murmur of a history of heart valve surgery, heart failure, advanced kidney or liver disease, or diabetes (or insulin).
2. If you are taking the following medication, you will require special instructions from the prescribing doctors: Coumadin, Plavix, Persantine or Ticlid, Iron, Insulin, and Mao Inhibitors, such as Nardil, Parnate, or Eldepril.
3. If you take Anti-Hypertensive (blood pressure) medications you must take them the morning of the procedure.

**Call our office at 310-858-2224, one-week prior to your appointment if you have not received special instructions concerning these medications.**

### **THE CRITICAL IMPORTANCE OF DIET AND THE BOWEL PREPARATION**

If the intestine is not adequately cleaned out, the procedure will not be successful and might need to be rescheduled. It is of critical importance to complete the **ENTIRE** preparation. In addition, the dietary guidelines below should be followed. The less fiber, vegetable matter, nuts, seeds, and other foods that can potentially create stool bulk consumed – even within a few days of the procedure – the less likely that the preparation will be problematic.

The desired result comes when the evacuated rectal contents are crystal-clear, perhaps slightly-yellow-colored or brown, but clear as water. The salt in the solution is **not** absorbed so you need not worry about fluid retention, your heart, or high blood pressure. You will know the preparation is successful if the passed liquid is clear yellow without particles and not cloudy.

### **WHERE TO GET THE SOLUTION**

The cleansing solution can be obtained at any pharmacy with a prescription. Most pharmacies stock it, but we suggest that you check by telephone first. If there are any questions, please call my office at 310-858-2224.

### **DAY BEFORE COLONOSCOPY**

Please follow these instructions carefully and completely. **You will know your bowel is clean when the liquid you pass becomes crystal clear and yellow.** If the bowel is not clean when you arrive to the procedures unit, your procedure will need to be rescheduled rather than giving you an incomplete examination.

1. For at least the **ENTIRE DAY (including breakfast) prior to the procedure, you should eat or drink only clear liquids for breakfast, lunch and dinner.** You should not have any solid foods, vegetables, nuts, milk, or milk products the entire day. Clear liquids are to be light and see-through in color. Clear liquids include: strained fruit juices without pulp (apple, white grape, white cranberry, lemonade, etc.). Other liquids to include: Gatorade, carbonated and non-carbonated soft drinks. You can also have coffee or tea (without milk or milk-products), plain Jell-O (without added fruits or toppings),

popsicles, soup with broth only. Avoid dark liquids such as prune juice, grape juice, orange juice, etc.

2. Stop all oral iron, bismuth, bulk agents (Metamucil, Konsyl, Peridien, Etc.). Stop aspirin or aspirin type medication (Naprosyn, Advil, Etc.) for **one week prior to the exam**. Tylenol is allowable. Please give our office a list of your prescription medications and they will guide you.
3. Your body loses significant amounts of fluid during bowel preparation. In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids. Make a conscious effort to drink as much as you can before and after the last 8 ounces.



### **DAY OF COLONOSCOPY**

1. **STOP DRINKING CLEAR LIQUIDS OR TAKING ANYTHING BY MOUTH, EXCEPT FOR MEDICATIONS WITH ONLY SIPS OF WATER) FOR SIX (6) HOURS PRIOR TO THE SCHEDULED PROCEDURE TIME.**
2. **Bring a list of all medications you take with you to the procedure unit.**
3. **BRING SOMEONE WITH YOU TO DRIVE YOU HOME OR HAVE SOMEONE MEET YOU IN THE PROCEDURE UNIT TO ACCOMPANY YOU HOME. YOUR PROCEDURE CANNOT BE DONE IF YOU HAVE NOT MADE THESE ARRANGEMENTS. YOU CANNOT TRAVEL HOME BY CAB UNLESS ACCOMPANIED BY ANOTHER ADULT.**
4. **You should not drive a car or operate machinery until the day after your procedure.**



# Patient Instructions — Split-Dose Regimen

The MoviPrep carton contains 4 pouches and a disposable container for mixing. You must complete the entire prep to ensure the most effective cleansing.

**The evening before your colonoscopy beginning at:** \_\_\_\_\_

<p><b>STEP 1</b> MIX FIRST DOSE</p>	<ul style="list-style-type: none"> <li>Empty 1 Pouch A and 1 Pouch B into the disposable container</li> <li>Add lukewarm drinking water to the top line of the container. Mix to dissolve</li> </ul> <p><i>If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.</i></p>	
<p><b>STEP 2</b> DRINK FIRST DOSE</p>	<ul style="list-style-type: none"> <li>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 consumed</li> <li>Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep</li> </ul>	<p><b>Clear liquids include water, ginger ale, apple juice, Gatorade<sup>®</sup>, lemonade, and broth. No red or purple liquids</b></p> <p><b>Ask your doctor if you have any questions about whether a particular drink is acceptable.</b></p> 

**The morning of your colonoscopy beginning at:** \_\_\_\_\_

<p><b>STEP 3</b> MIX SECOND DOSE</p>	<ul style="list-style-type: none"> <li>Empty 1 Pouch A and 1 Pouch B into the disposable container</li> <li>Add lukewarm drinking water to the top line of the container. Mix to dissolve</li> </ul> <p><i>If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.</i></p>	
<p><b>STEP 4</b> DRINK SECOND DOSE</p>	<ul style="list-style-type: none"> <li>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 consumed</li> <li>Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep</li> </ul>	

A colonoscopy prep causes the body to lose a significant amount of fluid and can result in sickness due to dehydration. It's important that you prepare your body by drinking extra clear liquids before the prep. Stay hydrated by drinking all required clear liquids during the prep. Replenish your system by drinking clear liquids after returning home from your colonoscopy.

If you have any questions, please call our office at \_\_\_\_\_.

\*Gatorade is a registered trademark of Stokely-Van Camp, Inc., Chicago, IL.

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**MoviPrep**<sup>®</sup>  
(PEG-3350, Sodium Sulfate, Sodium Chloride, Potassium Chloride,  
Sodium Ascorbate and Ascorbic Acid for Oral Solution)  
Rx only

**Low-Volume Prep.  
High-Volume Efficacy.**