

Patient Education Sheet

COLONOSCOPY PREPARATION WITH MOVIPREP

The colonoscopy you are scheduled for requires you to drink a special solution to prepare for the procedure. The prescription for this solution will be faxed to your pharmacy at the time of your pre procedure office visit. *Pharmacies require you to pick the solution up within 2 weeks of filling the prescription.

Diabetic patients taking INSULIN may be given different instructions regarding preparation and dosage. Please check with your diabetes doctor.

EMMI PROGRAM: This is an educational internet based program, which we highly recommend you seeing. You will receive instructions on how to view it at home when you schedule your procedure.

Moviprep has a call line for questions about this prep 24 hours a day . please call 1-855-466-8479

AT LEAST ONE WEEK PRIOR:

Special instructions: Patients taking a **blood thinner**, such as Coumadin or Plavix, **MUST** contact the doctor who has ordered the blood thinner. This doctor will decide whether you should stop the medication before your colonoscopy.

3 DAYS PRIOR DATE: _____

1. Stop taking all herbal supplements, vitamins, iron and fiber supplements.
2. Continue to take your daily prescribed medications except as noted above for blood thinners.
3. Do not eat raw fruits or raw vegetables. Cooked or canned fruit/vegetables are okay.
4. Do not eat corn, peas, seeds, popcorn or nuts.

2 days prior Date _____

Continue the same as above.

Day Before Procedure Date: _____

1. Mix moviprep 24 hours before procedure. Refrigerate if desired. (See instructions with prep.) Empty 1 Pouch A and 1 Pouch B into container, add water to top line. Shake to dissolve.. Must be consumed within 24 hours of mixing.
2. DRINK CLEAR LIQUIDS ONLY all day Breakfast, lunch and dinner. **NO FOOD. NO DAIRY**, No Alcohol, NO gum or hard candy, Drink an 8 oz glass of clear liquid every hour between 11am and 5pm
Do not drink anything RED OR PURPLE colored.

May have: apple juice, white cranberry/white grape, popsicles, jello, Italian ice, ginger ale, Sprite, black coffee, black tea, Gatorade preferred.

3. At 6pm begin drinking the Prep, the container is divided into 4 marks. Every 15 minutes drink the solution down to the next mark until the liter is finished. Next, drink 16 oz of any clear liquid.

4. Mix morning dose of prep. Empty 1 pouch A and 1 Pouch B into container and save until morning. Splitting the dose produces the best results!

May use Vaseline or diaper crème to soothe anal area.

Day of Procedure Date:

1. 5 hours before procedure, drink the remaining prep,

2. Do not put anything into your mouth 2 hours before your colonoscopy to allow for safe administration of anesthesia. No gum, candy, or food day of procedure.

3. No diuretics or diabetic pills the morning of your procedure. Prescription medications for blood pressure/heart may be taken with a sip of water at least 2 hours prior to your procedure.

4. Have a responsible adult 18 years or older to accompany you home. This person will be advised to remain in the waiting room during your procedure.

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