INSTRUCTIONS FOR COLONOSCOPY
WITH MOVIPREP KIT – PM/AM

Obtain one MoviPrep Kit from the pharmacy.

ONE WEEK PRIOR TO THE PROCEDURE:
Please do not take, Advil, Motrin, Aleve, ibuprofen, etc., fish oil or vitamin E. Tylenol is o.k.
If you take aspirin, Persantine, Plavix, Ticlid, Coumadin, Aggrenox, Pletal, Cilostazol or any non-steroidal anti-inflammatory drug or diabetes medication, ask your prescribing physician for special instructions and let us know. Please continue to take your other medication as usual.

ONE DAY BEFORE THE PROCEDURE:

1. **CLEAR LIQUIDS ONLY** (see below *)
2. Beginning at 6 p.m. empty one pouch A and one pouch B into the disposable container. Add lukewarm drinking water to the top line of the container. Mix to dissolve.
3. 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. Drink 16 oz of the clear liquid of your choice.
4. **YOU MUST** continue drinking clear fluids until bedtime. The more fluids you drink the better your prep will be. It is advisable that you place a towel under your hip/buttock area at bedtime to protect your sheets from possible stool leakage.

ON THE DAY OF THE PROCEDURE:

A. Beginning at least 3 hours prior to the procedure, repeat steps 2 and 3.
B. Nothing by mouth for _____ hours prior to the procedure.
C. If you take medications, you may take it on the morning of the procedure with a small amount of water. (Call the office if you have questions regarding these instructions.)

- CLEAR LIQUID DIET --- ONLY THESE ITEMS ARE ALLOWED: DO NOT HAVE ANYTHING RED OR PURPLE IN COLOR.
- Gatorade and Powerade. **We encourage you to drink as much as possible of these two items to prevent dehydration.**
- SOUPS: Clear bouillon, broth or consommĕ
- BEVERAGES: Tea, coffee, decaffeinated tea/coffee, Kool-Aid, carbonated beverages. DO NOT put any milk or cream in your tea or coffee.
- JUICES: Apple, White grape juice, white cranberry juice, strained lemonade, limeade, orange drink.
- ANY JUICE THAT YOU CAN SEE THROUGH AND HAS NO PULP IS ACCEPTABLE.
- DESSERT: Water ices, Italian ices, Popsicles, Jello, Sorbet
- You can have up to three cans of Ensure.

DATE: _____DOCTOR: _____ARRIVE AT:_____

REPORT TO: ( ) St. Vincent's Medical Center 2800 Main Street, BPT ( ) The Endoscopy Center of Fairfield 425 Post Road, FFLD

NO DRIVING: You cannot drive, take a taxi alone, or take a bus alone after the procedure. You must be accompanied by an adult. If this rule is not followed, we may cancel your procedure.

Revised 05/10