



Colonoscopy Preparation with MoviPrep

ONE WEEK BEFORE PROCEDURE

OBTAIN AT PHARMACY

(A prescription is necessary)

1 - MoviPrep Bowel Prep

BLOOD THINNERS

You will likely need to stop the following blood thinners/anticoagulants prior to your procedure. Contact your physician for approval before stopping any of these medications.

7 days — Plavix, Effient

5 days — Aspirin, Coumadin (Warfarin), Aggrenox

3 days — Pradaxa, Xarelto

IRON-CONTAINING MEDICATIONS

Discontinue all iron -containing medications.

NOTIFY OUR OFFICE IF

You have kidney disease.

You are on diabetes medication.

You have an internal defibrillator.

ONE (1) DAY BEFORE PROCEDURE

Clear liquid diet only (ALL DAY).

NO solid or soft food.

NO milk or other dairy products.

NO alcohol.

Clear liquids are those you can “see through”:

water, fruit juice/no pulp, apple or white grape juice, tea/coffee without milk or creamer, clear broth, carbonated soft drinks, lemonade, Kool -Aid, plain Jello, popsicles, hard candy

Please AVOID red and purple liquids.

ONE (1) DAY BEFORE PROCEDURE

(Continued)

4:00 pm — First Dose (or earlier if you are able)

1. Empty one pouch “A” and one pouch “B” into disposable container. Add lukewarm drinking water, or any clear liquid, to the top line of the container. Mix to dissolve.
(If preferred, mix solution ahead of time and refrigerate. The solution should be used within 24 hours.)
2. The MoviPrep container is divided by 4 marks. Every 15 min., drink the solution down to the next mark (approx. 8oz.), until the full liter is consumed.

One Hour Later — Second Dose

Repeat steps (1) and (2) using the second pouches “A” and “B”. Drink until this second liter is consumed.

Drink an ADDITIONAL liter of clear liquid to ensure adequate hydration and an effective prep.

Do not eat or drink anything after midnight.

NOTE

Please remain within easy reach of toilet facilities. Your bowels should begin to move within 30 minutes to a few hours after beginning the prep. You may experience some nausea and abdominal discomfort. This should become more comfortable as you continue to have bowel movements.

If you get nauseated, stop for 30 -45 minutes, drink Ginger Ale or something to settle the nausea, then resume the prep.

If symptoms should become severe, stop the prep and notify our office immediately or go to the nearest emergency room.

DAY OF PROCEDURE

DO NOT EAT OR DRINK

Take ONLY your morning blood pressure and heart medications with a small amount of water.

Postpone insulin injections until after procedure.

Bring a list of all of your medications with you.

Leave all valuables at home.

Please have someone present during your procedure AND available to drive you home after your procedure. You will be sedated and will not be able to drive.