

COLONOSCOPY PREPARATION - **MOVIPREP**

Note: Prep kit contains 4 pouches (2 A's) (2 B's) and a 1 liter disposable container.

Note: This solution requires a prescription.

You are to stop the following medications 5 days prior to the procedure:

Iron, Persantine, Aspirin or aspirin containing products, Bufferin, Arthritis medications, Blood thinning agents (ex. Plavix, Heparin)

- You do not need to stop any other medications.
- If you are taking Coumadin, medications for Diabetes or suffer from chronic lung or heart conditions, call our office for further instructions.

The day before exam:

1. In the morning prepare your Moviprep according to instructions:
Empty **one** of pouch A and **one** of the pouch B into disposable container.
Add lukewarm drinking water to the top line of the container. Mix to dissolve.
(If preferred mix solution ahead of time and refrigerate prior to drinking)
2. Have a regular breakfast before 8am.
3. After 8am start a clear liquid diet for the remaining day until midnight.
(Examples: Clear fruit juices, Bouillon, Jell-O, clear sodas, coffee or tea without milk products, NO juices with pulp (Orange or Grapefruit).
Nothing by mouth after midnight, including water.
4. At 3pm start to drink the solution. The container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approx. 8oz.), until the first full one liter is complete. Drink 16oz of a clear liquid.
5. At 4pm repeat steps 1 and 4 for a 2 liter prep.

Wait for bowel movement to occur.

* If you have severe discomfort or distention (bloating), stop drinking the solution for a while or wait longer between drinking each glass until discomfort goes away.