

## **COLON RECTAL SURGICAL ASSOCIATES, LLC**

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### **MOVIPREP BOWEL PREP FOR COLONOSCOPY**

Your colonoscopy will be performed at \_\_\_\_\_  
on \_\_\_\_\_ at \_\_\_\_\_ AM. Please arrive ONE HOUR  
BEFORE your procedure is scheduled for registration and preparation. The facility may ask you to pay a  
co-pay or deductible at that time.

#### **THE DAY BEFORE YOUR PROCEDURE:**

The day before your procedure, you may have a light breakfast by 10:30 AM., then drink only clear liquids for lunch and dinner. No solid foods. It is important that you drink as much clear liquid as you can throughout the day to avoid dehydration due to the multiple bowel movements.

#### **Clear Liquid Diet:**

Coffee, tea, hard candy, water, carbonated beverages, apple juice, white grape juice or white cranberry juice, Gatorade, soft drinks, Jello (no fruit added), icy popsicles and clear broth. **Do not drink alcohol, dairy products (including non-dairy creamer) or any liquid with red or purple food coloring.**

- The **MoviPrep** carton contains 4 pouches and a disposable container for mixing. You must complete the entire prep to ensure the most effective cleansing. If preferred, mix the MoviPrep solution ahead of time and refrigerate prior to drinking. The mixed MoviPrep solution should be used within 24 hours.
- First prepare the **MoviPrep** solution. Empty 1 **Pouch A** and 1 **Pouch B** into the disposable container. Add lukewarm drinking water to the top line of the container. Mix to dissolve. You may add Lemonade or Iced Tea flavored Crystal Light powder into the jug to alter/enhance the taste, if desired.
- **At 4 pm:** Begin drinking the solution. 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 (at approximately 5 pm) now drink 16 oz. of the clear liquid of your choice (apple juice, Gatorade etc.).
- **At 5 pm:** using the remaining pouch A and B, prepare the MOVIPREP solution again as you did in the morning and refrigerate immediately. You may add a tea bag/Crystal light to enhance the taste.

## **THE MORNING OF YOUR PROCEDURE:**

- **4 HOURS BEFORE THE START OF YOUR PROCEDURE** \_\_\_\_\_ AM, begin drinking the solution. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz.), until the full liter is complete (approximately 1 hour later).

It usually takes about an hour to begin to notice the diarrhea affect. You may notice some bloating or cramping at the beginning of the prep, but this usually gradually improves once the diarrhea begins. Occasionally some may develop nausea with vomiting. The best remedy for this is to take a break from the MoviPrep solution for about a half hour to allow it to move downstream, and then to resume drinking at a slower rate. The diarrhea may continue for about an hour or two after completing the prep. Many have found that drinking the prep through a straw and chilling the solution improves tolerance.

**Your efforts at cleansing your colon are essential for an accurate procedure. These instructions are designed to maximize the ease, safety, and success of your preparation. Failure to take the prep as indicated may result in a poorly cleansed colon and the cancellation of the procedure.**

### **IMPORTANT:**

- **Arrive at the facility ONE HOUR BEFORE your procedure is scheduled.**
- Make sure that you have your health insurance cards with you and a list of any medications which you are taking, including the dosage. Be prepared to answer questions about your medical history.
- **YOU CANNOT DRIVE YOURSELF HOME** following the procedure. Please arrange for a responsible adult to drive you home. You will not be able to take a cab or bus ride home.

**Medications** (unless otherwise advised by your doctor):

- **STOP** 2 weeks prior to your procedure
  - **Phenteramine** and **All Herbal Supplements/Teas (Black Cohash, Echineasa, Ephedra, Fererfew, Garlic, Ginkgo Biloba, Ginseng, GBL/BD/GHB, Goldenseal, Hoodia, Kava, Licorice, Saw Palmetto, St John's Wort, Valerian)**
- **STOP** 10 days prior to your procedure
  - **Aspirin** or aspirin-containing medicines
  - **Plavix**
  - **Fish Oil** and **Vitamin E**
- **STOP** 5 days prior to the procedure
  - **Coumadin/Warfarin**
- **STOP** 2 days prior to the procedure
  - **NSAIDS (Motrin, Advil, Ibuprofen, Aleve, Naprosyn, Celebrex)**
- If you take heart or blood pressure medications, please take them the morning of your procedure with a small sip of water.
- Discuss changes in your **Insulin** dosage with your Primary Care provider
- Tylenol is safe to use as a pain reliever
- Continue all other medications. You may brush your teeth.
- A&D Ointment or Desitan along with Cottonelle moist flushable wipes are recommended for anal irritation.

Please call the office (410.730.1712) if you have any questions concerning these instructions.