



Preparation Instructions for Colonoscopy/ MOVIPREP
Please read 2 weeks prior to the Procedure

Bowel Preparation:

The bowel must be clean so that the physician can clearly view the colon. It is very important that you read and follow all of the instructions given to you for your bowel preparation well in advance of the procedure. Without proper preparation, the colonoscopy will not be successful and the test may have to be repeated.

Medication Restrictions:

- **STOP BLOOD THINNER MEDICATION _____, ___ days before procedure. Contact your Cardiologist/PCP for instructions.**
- **STOP IRON SUPPLEMENTS 5 days before the procedure**
- **DIABETIC PATIENTS: Stop all ORAL diabetes medications on _____. Contact your physician for instructions on taking your insulin.**
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Four (4) Days Before Procedure:

- **Avoid** Skins (fruit and vegetable), Nuts, Seeds, Salads, and Popcorn
- **Avoid** red colored juices, jello and red wine

One (1) Day before Procedure:

- **8:00 AM:** Mix the solution and put in refrigerator so that it may be cold when taken in the evening. This may make it easier to drink.
- You may eat a light breakfast such as yogurt, toast, soup, eggs, or cereal.
- **AFTER** breakfast, you may have clear liquids **ONLY (see below), NO SOLID FOODS**
- At **5:00 PM** drink the first liter of Moviprep **within one hour** (8 oz glass every 15 minutes) then drink 16 oz of clear liquids
- **After the first liter is finished, mix the solution (Instructions on back) again and refrigerate.**

IF YOUR PROCEDURE IS SCHEDULED FOR 9:00 AM OR EARLIER

At **9:00 PM** drink the second liter of Moviprep **within one hour** and then drink 16oz of clear liquids

IF YOUR PROCEDURE IS SCHEDULED FOR 9:30 AM OR AFTER

At **5:00 AM**, the morning of the procedure, drink the second liter of Moviprep **within one hour** (8 oz glass every 15 minutes) then drink 16 oz. of clear fluid. You may choose water.

ONLY CLEAR LIQUIDS AND THE PREPARATION ARE PERMITTED UNTIL 4 HOURS BEFORE YOUR SCHEDULED TIME AND THEN NOTHING BY MOUTH

- **The morning of the examination you should take any necessary medicines (heart, blood pressure, and seizure) with sips of water at least 4 hours before procedure, unless instructed otherwise by your physician.**

Transportation: Due to possible lingering effects from the sedation you cannot drive for the remainder of the day following your procedure, and therefore, you must have a ride home. For your own safety you will not be discharged unless a responsible adult, over the age of 18, is present to either drive you home or accompany you in a taxi or public transportation. **A car service/taxi alone is not adequate.**

Clear Liquids: Water, broth, bouillon, apple juice, white grape juice, white cranberry juice, Jell-O (yellow or green), Coffee & Tea without milk or creamer, Sports drink, Gatorade, Kool-Aid (NOT RED) Italian Ice (NOT RED). **NO ALCOHOLIC beverages the day before nor the day of your colonoscopy.**