

To ensure a successful exam, please follow all instructions carefully.

You **MUST** arrange a ride for the day of your exam. If you fail to arrange acceptable transportation, your procedure will need to be rescheduled. If you have diabetes, ask your physician for diet and medication instructions. If you are or may be pregnant, please discuss the risks and benefits of this procedure with your doctor. Please bring a list of all of your current medications, including any over-the-counter medications with you. **If you must cancel or reschedule your appointment, please call your doctor's office as soon as possible.**

BEFORE YOUR EXAM:

Fill prescription for MoviPrep at your local pharmacy.

7 DAYS BEFORE YOUR COLONOSCOPY:

If you take aspirin or NSAIDS such as Advil, Motrin, Celebrex or Ibuprofen, you may continue to take them as usual unless otherwise instructed by your physician. You should discuss this with your physician in advance of the procedure. Ask your doctor for specific instructions if you take a blood thinner like Plavix, Pradaxa, Clopidogrel, Coumadin, Warfarin, Effient, Prasugrel or Lovenox.

3 DAYS BEFORE YOUR COLONOSCOPY:

Stop eating all nuts, seeds and popcorn.

1 DAY BEFORE YOUR COLONOSCOPY:

Begin a clear liquid diet. Drink at least 8 glasses of water during the day to avoid dehydration. Mix first dose of MoviPrep by emptying one Pouch A and one Pouch B into the container. Add lukewarm drinking water to the top line of the container and mix to dissolve. If preferred, mix solution ahead of time and refrigerate prior to drinking. The mixed solution must be used within 24 hours.

At 6 pm, begin drinking the prep. 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 has been consumed. Over the course of the evening, drink an additional ½ liter of clear liquids.

Clear Liquid:

- Gatorade, Pedialyte or Powerade
- Clear broth or bouillon
- Coffee or tea (no milk or non-dairy creamer)
- Carbonated and non-carbonated soft drinks
- Kool-Aid or other fruit-flavored drinks
- Strained fruit juices (no pulp)
- Jell-O, popsicles, hard candy

Not Clear Liquid:

- No red or purple items of any kind
- No alcohol
- No milk or non dairy creamers
- No noodles or vegetables in soup
- No juice with pulp
- No liquid you cannot see through

DAY OF YOUR COLONOSCOPY:

You may take all of your usual morning medications with 4 oz. of water **up to 3 hours before your procedure**. Mix second dose of MoviPrep by emptying the second Pouch A and second Pouch B into the container. Add lukewarm drinking water to the top line of the container and mix to dissolve. If preferred, mix solution ahead of time and refrigerate prior to drinking.

6 hours before your exam, 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 has been consumed. Time to complete = 1 hour. Drink an additional ½ liter of clear liquids. Time to complete = ½ hour. This needs to be completed at least 4 hours before your exam.

3 hours before your exam, discontinue clear liquids. Bring a list of all of your current medications, including any over-the-counter medications.

You are ready for the exam if you followed all instructions and your stool is no longer formed, but clear or yellow liquid.

COLON CLEANSING TIPS

1. Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.
2. Continue to drink the prep solution every 15 minutes as directed. Occasionally, this may involve drinking the solution while sitting on the toilet.
3. Rarely, people may experience nausea or vomiting with the prep. If this occurs, give yourself a 30-90 minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
4. It is common to experience abdominal discomfort until the stool has flushed from your colon (this may take 2 to 4 hours, and occasionally significantly longer).
5. Anal skin irritation or a flare of hemorrhoidal inflammation may occur and can be treated with a variety of over the counter remedies including hydrocortisone creams, baby wipes or Tucks pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.