



Moviprep-Preparation for Colonoscopy

Name _____ Date _____ Arrival Time _____

Physician _____ Location _____

******DO NOT TAKE IRON FOR 5 DAYS PRIOR TO YOUR PROCEDURE. ******

*****DO NOT SMOKE ON THE DAY OF YOUR PROCEDURE, INCLUDING SMOKING TOBACCO, ELECTRONIC CIGARETTES, MARIJUANA, CIGARS, AND/OR PIPES*****

****Special Medication Instructions:** _____

On the day before your colonoscopy (as soon as you wake up):

1. Mix one container of Moviprep by adding 1 Pouch A and 1 Pouch B into the plastic container provided. Add lukewarm water to the top line of the container, and mix to dissolve. Place mixture in the refrigerator.
2. Begin a clear liquid diet.

On your clear liquid diet you may have:

Water

Clear broth (beef or chicken)

Soft Drinks (not red or purple)

Coffee (no cream)

Clear fruit juice (apple/white grape)

Tea

Gatorade (not red or purple)

Popsicles (not red or purple)

Jell-O (not red or purple)

Lemonade (no pulp)

3. At 6:00pm you will begin drinking the Moviprep solution. The container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 ounces), until the full liter is completed.
4. After completing the entire container, drink 16 ounces of clear liquid of your choice.
5. Mix and refrigerate the 2nd container of solution by repeating Step 1 above.

On the day of your colonoscopy:

1. At least 3 hours before your arrival time, you will drink the 2nd container of Moviprep in the same manner as above in Steps 3 and 4.
2. You can go ahead and take your usual morning medicines as well unless you have been instructed otherwise by the nurse or scheduler.

****DO NOT DRINK ANY LIQUIDS FOR AT LEAST 2 FULL HOURS BEFORE YOUR ARRIVAL TIME****

YOUR DRIVER MUST STAY AT THE CENTER FOR YOUR ENTIRE APPOINTMENT

Call nursing at 791-2040 with any questions.

You can also visit our website at www.rexdigestivehealthcare.com for answers to FAQs.

KEYS TO A GOOD BOWEL PREPARATION

It is important to have an excellent bowel preparation prior to your colonoscopy. This will allow your doctor to examine your colon with better accuracy, and avoid the need for a repeat examination due to an inadequate preparation. Please review the helpful hints listed below.

1. **FOLLOW YOUR DIRECTIONS CAREFULLY:**

Review them a week prior to your scheduled colonoscopy so you can plan. Pick up your bowel preparation kit from the pharmacy, review any potential need to adjust medications (e.g. blood thinners), and make sure you have arranged for someone to accompany you to the appointment (you will not be able to drive yourself). Call your doctor if you have any questions.

2. **DIET:**

Avoid the following foods 3 days prior to your colonoscopy if possible— raw fruits/vegetables/salads, corn, nuts, seeds, popcorn. ***This is just a recommendation to help insure that your colon is as clean as possible, and that you will not need to repeat the exam sooner than necessary.*** Remember: **no solids for the whole day before your procedure.**

3. **CONSTIPATION:**

If you tend to constipation, your colon may not clean out well unless you follow some additional simple steps. If you usually do not have a bowel movement every day, take MIRALAX (generic is fine as well) 17 grams of powder mixed in 8 oz. of water TWICE a day for THREE days prior to your bowel preparation (i.e. 4 days prior to your colonoscopy), then take your bowel preparation as directed. If you do not usually have a bowel movement for 4 days or more, call your doctor's office for special instructions.

4. **HEMORRHOIDS/ANAL DISCOMFORT:**

The preparation process requires you to have frequent bowel movements, therefore anal/hemorrhoidal irritation may occur. To minimize this, apply a small amount of Vaseline to the cleansed anal area prior to starting the bowel preparation. Additionally, we recommend using non alcohol, non scented, moistened anal wipes to keep the anal area clean while taking the bowel prep.

5. **GETTING YOUR PREP DOWN SUCCESSFULLY:**

Make sure you get your bowel preparation very cold prior to drinking it, and pour it over ice as well. Drinking it through a straw will minimize the amount of the laxative that you actually have to taste. You can also add a powdered flavoring, such as Crystal Light lemonade, to each glass. Sucking on hard candies after drinking the laxative will also help dispel the taste in your mouth and make the preparation process more tolerable.

6. **DRINK LOTS OF FLUIDS:**

It is very important to stay well hydrated during your bowel preparation process. The more liquids you drink, the better you will feel.