

**MOVIPREP – PM/AM DOSE PREP (TWO DAY)
PREPARATION FOR COLONOSCOPY**

You will need to drink a laxative solution called MoviPrep to clean your colon. You must complete the entire prep to ensure the most effective cleansing.

PRIOR TO YOUR PROCEDURE YOU WILL NEED TO PURCHASE:

- 1-MoviPrep Kit (prescription enclosed)
- 2-Reglan tablet (Metoclopramide) or 2 -Zofran tablets (Ondansetron) OPTIONAL
- 2-Dulcolax (Bisacodyl) Tablets (over the counter; no prescription required)

***BE SURE TO LET THE NURSE KNOW IF YOU ARE ON COUMADIN, WARFARIN, OR PRADAXA AS SOON AS POSSIBLE**

****5 Days prior to you procedure:** Stop oral iron supplements; please avoid sesame seeds and nuts.

*****Diabetic medication adjustment:** Day before procedure: take your normal am insulin and or oral medication; take ½ of pm insulin dose, no oral diabetic medications. Day of procedure: do not take any diabetic medications until after the procedure.

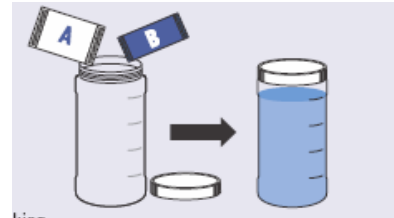
DAY BEFORE PROCEDURE: _____

Drink clear liquids only for all snacks and meals. No solid food or milk products. **Clear Liquid Diet:** coffee, tea, soft drinks, Jell-O, clear broth, popsicles, clear fruit juice, Gatorade, water, lemonade, Snapple, powdered fruit drinks. Avoid red and purple liquids.

*****Important note:** staying well hydrated during this prep is extremely important. Force fluids all day prior to and after beginning the bowel prep.

Morning: Prepare your MoviPrep solution

1. Empty 1 pouch A and 1 pouch B into the disposable container
2. Add lukewarm water to the top line of the container. Mix to dissolve. Refrigerate.
****You do not have to mix the solution ahead of time if you do not wish to refrigerate prior to drinking.**



3. **At 2 pm:** Take both Dulcolax tablets
4. **At 5:30 pm:** Take Reglan tablet (optional) the prep may cause nausea and sometimes vomiting. Reglan taken in advance of the prep should reduce nausea and vomiting.
5. **At 6 pm:** The MoviPrep container is divided by four marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 ounces), until the full liter is complete.
6. Drink 16 ounces of the clear liquid of your choice.
7. **Prepare** the second container of MoviPrep and refrigerate.

***Do not plan to go out anywhere after you have started drinking the prep. The prep will cause diarrhea to cleanse your bowel for the procedure. You may start going to the bathroom after only a couple of glasses, but be sure to drink ALL of the solution.**

*** You may wish to use baby wipes rather than toilet tissue to protect your rectum from irritation.**

*** You may have clear liquids until midnight.**

DAY OF PROCEDURE: _____ **STARTING AT** _____ **AM**

1. **Repeat step 5 above** (at least four hours before your scheduled arrival time). You may take the second Reglan tablet 30 minutes before you start drinking the liquid.

Do not drink anything after you have completed the prep.

Please take all regularly scheduled morning medications with a small amount of water.

****If you use inhalers, please bring them with you****

****If you use a CPAP or VPAP machine, you are required to bring it with you****

YOU WILL BE SEDATED FOR THIS PROCEDURE AND WILL REQUIRE AN ADULT TO DRIVE YOU HOME. YOUR DRIVER WILL BE REQUIRED TO STAY AT THE FACILITY DURING YOUR PROCEDURE.

Your procedure is scheduled with Dr. _____

Procedure Date _____ Location _____

Arrival Time _____ Procedure Time _____

If you have any questions, please call your physician.