

# PM COLONOSCOPY PROCEDURE PREP INSTRUCTIONS - MOVIPREP



## PLEASE READ ALL ENCLOSED INFORMATION CAREFULLY.

Preparation for a colonoscopy is **essential** because your colon must be clean for the physician to perform an adequate examination. If the colon is not fully clean, then a repeat colonoscopy may be necessary.

Hydration is also crucial for a successful preparation and procedure. You should always drink 72 ounces of water a day but the few days leading up to your procedure, you must measure your water intake and do your best to drink 72 ounces. You should be drinking enough water to urinate every 2-3 hours and your urine should be clear.

**AT LEAST 3 DAYS PRIOR TO PROCEDURE** - Please purchase the following at your local pharmacy:

1. MoviPrep Carton™



2. Fleet Enema™



### **3 DAYS PRIOR TO PROCEDURE:**

Eat a low fiber diet, so **AVOID** whole grain foods (such as bran cereals, and breads made with whole wheat grains), nuts, fresh fruits (including the skin and pulp), dried or stewed fruits (such as raisins, prunes or apricots), root vegetables (such as carrots, turnips, or potatoes), and raw or fresh vegetables such as cabbage.

### **1 DAY PRIOR TO PROCEDURE:**

You may have an early light breakfast (oatmeal, cream of rice, or an egg are the best options - no whole grains). After breakfast - **CLEAR LIQUIDS ONLY** for the remainder of the day.

Your Clear Liquid diet options for the day before your procedure:

- ✓ Water, Coconut Water, Vitamin Water
- ✓ Clear Broths, bouillon
- ✓ One cup of **BLACK** coffee - NO DAIRY, NO POWDERED OR LIQUID CREAMERS
- ✓ Tea (green or white) - NO DAIRY, NO POWDERED OR LIQUID CREAMERS
- ✓ Clear Juices - such as Apple, White Grape Juice, White Cranberry Juice
- ✓ Carbonated Beverages - CLEAR ONLY, NO DARK COLORED
- ✓ Gatorade™/Prope™I sports drinks - NO BLUE, ORANGE, RED OR PURPLE
- ✓ Popsicles without milk or added fruit - NO BLUE, ORANGE, RED OR PURPLE
- ✓ Jell-O™ - NO BLUE, ORANGE, RED OR PURPLE
- ✓ NO ALCOHOL

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The MoviPrep carton contains 4 pouches and a disposable container for mixing. This will make two doses of the solution which you will drink at the times instructed below.

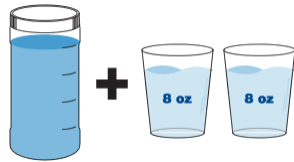
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## 1. TIME: 4:00PM the day before your procedure

- You will need to prepare your **FIRST** dose of MoviPrep™.
- Empty one pouch A and one pouch B into the disposable container.
- Add drinking water to the top line of the container.
- Mix to dissolve.



- The MoviPrep container is divided by 4 marks.
- Every 15 minutes, drink the solution down to the next mark (approximately 8 ounces) until the container is empty,
- Make sure you walk around in between drinking the prep, this helps prevent nausea, bloating and will help facilitate the solution to move through your system.
- Drink at least 16 oz. of water after finishing the solution. This is necessary to ensure adequate hydration and an effective prep.



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## TIME: The day of the your procedure/ Take 2nd half at least 5-6hrs prior to procedure

- You will need to prepare your **SECOND** dose of MoviPrep - Following the same steps as you did for the first dose.
- Empty one pouch A and one pouch B into the disposable container.
- Add drinking water to the top line of the container.
- Mix to dissolve.
- The MoviPrep container is divided by 4 marks.
- Every 15 minutes, drink the solution down to the next mark (approximately 8 ounces) until the container is empty,
- Make sure you walk around in between drinking the prep, this helps prevent nausea, bloating and will help facilitate the solution to move through your system.
- Drink at least 16 oz. of water after finishing the solution. This is necessary to ensure adequate hydration and an effective prep.

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- ✓ Walk around the house while taking the prep.
  - ✓ If you feel bloated, even with walking, stop drinking for 30-60minutes, then resume drinking prep.
  - ✓ Placing A & D ointment or Vaseline around the anal area will lessen irritation and help with chaffing.
  - ✓ Use baby wipes instead of toilet paper to prevent irritation.

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**THE MORNING OF THE PROCEDURE:**

**STOP! PLEASE READ AND FOLLOW THESE INSTRUCTIONS CAREFULLY!**

Your stool should look like a yellowish liquid (similar to chicken broth). If it does not, you **MUST** give yourself the Fleet Enema™.



**4 HOURS BEFORE YOUR PROCEDURE - NOTHING BY MOUTH (NO CLEAR LIQUIDS / NO SOLID FOODS - this includes DAIRY & CREAMER)**

**NO GUM, CANDY, MINTS, LOZENGES OR CHEWING TOBACCO!**

**NOTHING to eat or drink until AFTER your procedure**

- Please do not forget to bring your insurance card(s), ID card(s), insurance co-payment or any deductible due at time of service.
- You **MUST** be accompanied by a friend or relative, 18 years or older, to drive you home. You **MAY NOT** drive, or go home by taxi or bus. If you do not have a driver your procedure may be cancelled.