

**INSTRUCTIONS FOR COLONOSCOPY: MOVIPREP**

**DATE:** \_\_\_\_\_ **ARRIVAL TIME:** \_\_\_\_\_

**PLEASE REPORT TO:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**PLEASE MAKE ARRANGEMENTS TO HAVE SOMEONE DRIVE YOU HOME BECAUSE YOU WILL BE MEDICATED FOR THIS PROCEDURE.** If you are using public transportation, a responsible person must accompany you to your home. If these instructions are not followed, your procedure will be cancelled.

Be sure to check with our office regarding any of the following: diabetes, valvular heart disease, bleeding tendencies, anti-coagulation therapy, prescription medications, herbal medications, vitamins, etc. that you have not already discussed with your doctor.

**ASPIRIN** products (this includes Advil, Motrin, Aleve, Naprosyn, and other anti-inflammatory medications), **IRON PILLS**, and fiber substitutes such as **METAMUCIL** should be stopped **ONE-WEEK** prior to your procedure. (**TYLENOL** is okay).

You will be on a **CLEAR LIQUID DIET** for the entire day before your procedure. **NO SOLID FOOD.** Clear liquids include: broth, decaf coffee, decaf tea, (no cream, sugar is OK), clear juices (like apple or white grape), soda, Jello, Popsicles, and water. **NO RED DYES:** Jello, Popsicles, and juices must be non-red in color, as red dyes found in foods can look like blood during the procedure.

You will receive a prescription for MoviPrep. The MoviPrep carton contains 4 pouches and a disposable container for mixing. You must complete the entire prep to ensure the most effective cleansing.

**BEGINNING AT 6PM THE EVENING BEFORE PROCEDURE:**

- STEP 1:** Empty (1) Pouch A and (1) Pouch B into the disposable container. Add lukewarm drinking water to the top line of the container. Mix to dissolve. (If preferred, mix solution ahead of time and refrigerate prior to drinking).
- STEP 2:** The MoviPrep container is divided by 4 marks. Every 15 minutes drink the solution down to the next mark (approximately 8oz) until the full liter is consumed.
- STEP 3:** Drink 16oz of a clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep.

**BEGINNING AT 6AM THE MORNING OF PROCEDURE:**

Repeat STEPS 1-3 above.

**You may continue clear liquids until 4 hours before your scheduled procedure time.**

Please contact your insurance carrier prior to your procedure so that you will be aware of any portion of the fees for this procedure, which you may be responsible for. Please call our office at 401-421-8800 if you have any questions with this preparation.