

Colonoscopy Instructions using MoviPrep

Procedure Date: _____ **Follow up appointment:** _____

The facility will call you with the time **2 business day** prior to your procedure date

Preparation

Colonoscopy is an examination of the colon (large bowel) with a flexible tube about the thickness of your pinkie finger, which transmits a live color image onto a television screen. There are many things a person would rather do than undergo a bowel prep for a colonoscopy, but your efforts at cleansing your colon are essential for an accurate procedure.

These instructions are designed to maximize the ease, safety and success of your preparation.

At least 7 days before your procedure:

- Purchase 1 **MoviPrep** (PEG-3350 sodium sulfate, sodium chloride, potassium chloride, sodium ascorbate and ascorbic acid for oral solution) kit from your pharmacist using the prescription provided by your physician.
- **DO NOT** take iron pills or medications that may cause bleeding. These medications may include: Plavix, Coumadin and Aspirin. You **MUST** stop any anti-inflammatory type drugs including: Aspirin, Ibuprofen, Motrin, Advil, Naprosyn, and Naproxen & Diclofenac.
- *Tylenol is safe to use prior to this procedure.*

One day before the procedure:

Have a clear liquid diet throughout the day. Avoid liquids that are red or purple in color such as red grape or cranberry juice. Avoid **All dairy** products and juices with pulp such as orange or grapefruit juice.

Soups: clear broth

Beverages: Tea, Kool-aid, and Water

Sports Drinks: Gatorade, PowerAde, Propel

Desserts: Water ices, Italian ices, popsicles, Jell-O

Juices: White cranberry, white grape, apple, Lemonade

Commonly asked questions:

How do I know if my prep is adequate?

The stool should be watery in consistency. It does not have to be clear in color like water since digestive juices will continue to tint the stool yellow and small flecks of debris are not a problem as long as the stool is not muddy or thick.

What side effects may I expect?

Since the prep works by flooding the intestinal tract with fluid, abdominal bloating and cramping may occur, as well as some nausea and vomiting. This is usually temporary, and as the diarrhea develops, symptoms will gradually improve. Weakness can also occur, especially if you have not taken enough fluid with the prep, and can be remedied by increasing fluid intake.

If your procedure is before 10 AM:

- At **5:00 PM** the night before your procedure, begin drinking the 1st liter. To prepare the solution, empty 1 pouch A and 1 pouch B into the disposable container. Add lukewarm water to the top line of the container. Mix to dissolve. If you prefer, the solution can be refrigerated before drinking. The solution should be used within 24 hours.

- The MoviPrep 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 complete. You may start going to the bathroom after only a couple of glasses, be sure to drink **ALL** of the solution.
- Drink an additional 16 ounces of the acceptable clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep.
- At **7 PM** prepare the second container of MoviPrep by repeating the previous steps. Every 15 minutes, drink the solution down to the next mark until the full liter is complete.
- Drink an additional 16 ounces of the acceptable clear liquid of your choice.

If your procedure is after 10 AM:

- At **5:00 PM** the night before your procedure, begin drinking the 1st liter. To prepare the solution, empty 1 pouch A and 1 pouch B into the disposable container. Add lukewarm water to the top line of the container. Mix to dissolve. If you prefer, the solution can be refrigerated before drinking. The solution should be used within 24 hours.
- The MoviPrep 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 complete. You may start going to the bathroom after only a couple of glasses, be sure to drink **ALL** of the solution.
- Drink an additional 16 ounces of the acceptable clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep.
- **The morning of your procedure**, begin drinking the second liter of MoviPrep at least **4 hours** prior to your procedure appointment. Every 15 minutes, drink the solution down to the next mark until the full liter is complete.
- Drink an additional 16 ounces of the acceptable clear liquid of your choice.

Day of Procedure:

- If you take medication, you may have it the morning of the procedure. You may brush your teeth.
- **You must be accompanied by a friend or relative to drive you home. You MAY NOT drive; go home in a taxi or by a bus.**
- **You may continue to drink clear liquids until 3 hours before the exam.**

If you have any questions while taking this prep, please call the clinic at 813-542-2589 and a nurse will be available to assist you.

Remember, stay close to the bathroom facilities, and warn family members that the room belongs to you!!

Good Luck! This is the hardest part of the procedure.

Please allow a 5 business day notice for cancellation or there will be a \$200 charge.