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**PREPARATION FOR COLONOSCOPY WITH MOVIPREP**

**Please check your insurance company for coverage and deductible**

**THREE (3) DAYS PRIOR TO THE PROCEDURE:**

- A. Eat light, (smaller portions at mealtime. Avoid fried food, red meat, nuts or seeds (i.e.berries, jams, tomatoes, cucumbers, strawberries, sesame seeds).
- B. **No iron or calcium supplements, multivitamins in pill form.**

**MIX 1<sup>ST</sup> DOSE MORNING PRIOR TO PROCEDURE WARM THEN REFRIGERATE**

**MAY START 1<sup>ST</sup> DOSE ANYTIME BETWEEN NOON AND 6 PM**

**MIX 2<sup>ND</sup> DOSE NIGHT PRIOR TO PROCEDURE WARM THEN REFRIGERATE**

- A. A clear liquid diet after breakfast (clear liquid lunch and dinner that day). This may include plain tea, black coffee, clear broth, Jell-O soda, popsicles, fruit juices.
- B. **NO LIQUIDS CONTAINING RED OR PURPLE DYE, ONLY CLEAR, YELLOW, GREEN, BLACK, BROWN. NO DAIRY PRODUCTS ALL DAY.**
- C. No later than 6 p.m. start first dose of MoviPrep.  
 Drink solution down to the next mark every 15 minutes until the full liter is consumed (this will take approximately 45 minutes). Drink an additional 16 oz of clear liquid of your choice for an effective prep. \*\*\*\*\*Walking around will help with the purging.

**RECOMMENDATION: WHEN DRINKING THIS PREP USE A STRAW**

**DAY OF THE PROCEDURE:**

**SECOND DOSE OF MOVI-PREP NEEDS TO BE STARTED 4 ½ HOURS PRIOR TO PROCEDURE.**

- A. No later than \_\_\_\_ a.m. start second dose of MoviPrep.  
 Drink solution down to the next mark every 15 minutes until the full liter is consumed.  
 Drink an additional 16 oz of clear liquid of your choice.
- B. **PLEASE STOP ALL LIQUIDS AT \_\_\_\_ (3 HOURS) PRIOR TO PROCEDURE AS WELL AS CHEWING GUMS AND MINTS.**
- C. By \_\_\_\_ a.m. take either OTC Phazyme/Simethacone Gas pills (take the recommended dose as stated on the package). Phazyme or Simethacone gas is to reduce gas bubbles and improve visualization of the colon. Store brands are less expensive.
- D. **Please arrive at Nutfield Building/Entrance D Suite 103 at \_\_\_\_.**
- E. Bring a list of your current medications with dosages and a list of allergies with you. Leave all jewelry at home.
- F. You will need a ride home approximately ½ - 1 hour after the procedure. Due to sedation, the hospital will NOT allow you to drive yourself home or take a taxi after the procedure. You must obtain a ride home from someone you know.
- G. Rest at home the remainder of the day. Memory, coordination and judgement may be impaired the date of the test.

**IF YOU SHOULD HAVE ANY PROBLEMS/QUESTIONS REGARDING THE PREP AFTER OUR NORMAL BUSINESS HOURS PLEASE CALL 432-8802. THE ANSWERING SERVICE WILL PAGE THE ON-CALL DOCTOR**

**SPECIAL INSTRUCTIONS**

**BLOOD PRESSURE AND HEART MEDICATIONS: MAY BE TAKEN AS USUAL MORNING OF PROCEDURE. ALL OTHER MEDICATIONS SHOULD BE HELD AND RESUMED AFTER PROCEDURE.**

**FOLLOW-UP OF RESULTS: BY LETTER OR CALL IF NEEDED**