

MoviPrep Preparation for a Colonoscopy

COLONOSCOPY

In order to achieve an accurate evaluation of your lower gastrointestinal (GI) tract, it is important that you properly prepare for the procedure. Doctors are able to obtain the clearest view of the bowel when it is flushed completely free of waste material. The thoroughness of this intestinal cleaning depends on you. Without your cooperation, the examination cannot accomplish its purpose and may have to be repeated

Five (5) Days Before Procedure:

- **DO NOT DRINK ALCOHOL FOR (5) DAYS PRIOR TO YOUR PROCEDURE.**
- DO NOT take any aspirin or ibuprofen products. Tylenol (acetaminophen) is allowed.
- Stop taking anticoagulants or blood thinners such as: Coumadin, Naprosyn, Nuprin, Persantine, Plavix, Relafen, and Rufen.

Day Before Procedure:

ALL DAY CLEAR LIQUID DIET

- You will need to follow a clear liquid/high sodium diet throughout the day. Items include: clear juices without pulp, clear soda, chicken or beef broth, popsicles, Jell-O, tea, coffee, etc. If you are diabetic, drink regular(non-diet) liquids in moderation throughout the day.
- Avoid food that are red or purple, dairy and orange juice products.
- Step 1: At 5:00PM, 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. You may refrigerate prior to drinking the solution.
- Step 2: The MoviPrep container is divided by 4 marks. Every 15 mins, drink the solution down to the next mark (approximately 8oz) until the full liter is consumed. Drink 16oz of clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep.
- Step 3: At 9:00PM, Repeat step 1.
- Step 4: Repeat Step 2.
- You may continue to have clear liquids until bedtime.
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.**

Day of Procedure:

- **ONLY** take any prescribed heart or blood pressure medications with a sip of water.
- If you are diabetic: To avoid dangerously low blood sugar, Do Not take your diabetic medication (pills or insulin) the morning of your procedure. You can resume your diabetes medications after the procedure once you have eaten.
- **You may have clear liquids until 7:00 am, ONLY IF YOUR PROCEDURE IS SCHEDULE AFTER 1:30 pm.**
- Plan on being at the facility for approximately 2-3 hours.
- A driver must accompany you to drive you home after the procedure. You will be sedated for your procedure and will be drowsy for several hours after.
- You may not drive or work 12 hours after the procedure.
- **YOU WILL NOT BE ALLOWED TO DRIVE OR TAKE A CAB.**

Procedure Date: _____

Check-In Time: _____

Location:

MEDICAL CENTER OF PLANO

3901 W. 15th Street-Plano, TX 75075

(enter thru ER entrance and go to the Out Patient Registration Desk)

PRESTON CROSSING ENDOSCOPY CENTER

3500 Preston Road, Ste. 200- Plano, TX 75093