

# **MOVIPREP INSTRUCTIONS**

(follow these instructions – not the MoviPrep package insert)

## **A. MORE THAN TWO WEEKS BEFORE YOUR PROCEDURE:** Inform the office if:

1. You are diabetic.
2. You are allergic to latex.
3. You take blood thinning products (Coumadin, Plavix, Aggrenox, Brilinta, Pradaxa, Pletal, Ticlid, Trental, Effient, Xarelto, Eliquis).
4. You have a prosthetic heart valve, a history of endocarditis, vascular graft, prosthetic joint replacement within the last 12 months. You may need antibiotic coverage for your procedure.
5. Make sure you have a responsible party to take you home after the procedure. We may cancel the procedure if you do not have a responsible party to take you home.

## **B. ONE WEEK BEFORE YOUR PROCEDURE:**

1. Do not take iron, iron-containing compounds, Vitamin E, fish-oil, Advil, Motrin, ibuprofen, Aleve, naprosyn. You may take Tylenol (acetaminophen).
2. If you are taking aspirin 81 mg/day (baby aspirin) you should CONTINUE this unless instructed otherwise.
3. Blood work should be done 7-14 days prior to the procedure. A pregnancy test should be done less than 7 days prior. We may need a urine sample on admission from women of child bearing age.
4. Avoid fruits/vegetables/supplements with seeds: e.g. tomatoes, kiwi fruit, caraway, flax, poppy, sesame and corn.

## **C. THE DAY BEFORE YOUR PROCEDURE:**

1. Do not eat solid food. Drink at least 8 glasses of clear liquids. These should not be red or purple. Examples include: apple juice, water, clear broth or bouillon, Gatorade, Snapple, carbonated soda, jello, ice popsicles, black coffee, black tea (sugar or sweetener is allowed – but NO milk/creamer). It is very important that you stay well hydrated. Call the office if you have problems or questions with the prep.

The MoviPrep kit contains 2 packages and a mixing container. Each package contains 1 pouch A and 1 pouch B. You will use all 4 pouches to complete your prep. You must complete the entire prep to ensure the most effective cleansing.

### **FIRST DOSE** (start between 4-6 PM)

1. Empty 1 pouch A and 1 pouch B into the disposable container.
2. Add lukewarm water to the top line of the container. Mix to dissolve. If you prefer, the solution can be refrigerated before drinking.
3. 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, but be sure to drink ALL of the solution.
4. Drink an additional 16 ounces of the clear liquid of your choice to ensure adequate hydration and an effective prep.

## **SECOND DOSE**

- (a) If your colonoscopy is scheduled before 10 AM, start the second dose at 10 PM the night before.
- (b) If your colonoscopy is scheduled after 10 AM, finish the second dose and all clear fluids at least 6 hours before your procedure. For example, if your colonoscopy is scheduled at 2 PM, start the Second dose of Moviprep at 7 AM. You should finish this by 8 AM, and then have 6 hours with nothing to drink until 2 PM.

Prepare the second container of Moviprep by repeating steps 1 and 2. You may refrigerate this. It should be used within 24 hours. Repeat Steps 3 and 4.

## **D. THE DAY OF YOUR PROCEDURE:**

1. Do not eat anything. Do not drink anything in the 6 hours before your procedure. No gum or candy. You may brush your teeth. Take your usual morning medications with a sip of water.
2. Wear loose fitting clothes. Do not wear contact lenses, jewelry or make-up. Remove tongue and nose piercings.
3. Bring your inhalers and glasses case with you.
4. Contact your gastroenterologist's office if you have questions or your physical condition changes (cold, fever, illness).
5. Your responsible party will need to sign your discharge papers. You will receive discharge instructions from the nurse. You may resume your normal diet. You may not drive for the rest of the day/night. You may resume normal activities the next day.