

## PATIENT INSTRUCTIONS FOR MOVIPREP

### THE DAY BEFORE THE PROCEDURE

Drink only clear liquids for breakfast, lunch and dinner.

#### YOU MAY NOT HAVE:

- Dairy products
- Anything red or orange in color
- Alcohol of any kind

#### YOU MAY HAVE:

- Chicken bouillon
- Clear fruit juices (apple, white grape)
- Jell-O (lemon or lime only) Popsicles or water ice (lemon or lime)
- Soft drinks, coffee or tea/ NO milk or cream

**PREPARATION OF BOWEL:** In the morning, the day before your procedure, open the moviprep container. Empty one pouch A and one pouch B into the container and fill it with luke warm water up to the fill line. Shake well and refrigerate until ready to use. The solution will be clear. ***It must be used within 24 hours of mixing it. Do not mix it before you need to.***

**AT 12:00 NOON:** Shake the solution. The container is divided into 4 marks. Every 15 minutes you will drink the solution down to the next mark. After finishing the solution, empty the second pouch A and pouch B into the container. Fill with luke warm water up to the fill line. Shake well and refrigerate again until ready to use

**AT 6:00 PM:** Shake the solution and repeat the same step as above—every 15 minutes you will drink the solution down to the next mark until you finish the solution.

#### YOU MAY NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT

**MEDICATIONS:** If you need to take medications in the morning prior to your procedure, you may do so with a very small sip of water (just enough to get the medications down). If you are diabetic, do not take your diabetes medication the morning of the procedure. You may bring the medication with you, and you can take it after your procedure. Please notify our office if you are taking: Coumadin (or any blood thinners), Persantine, Trental, Plavix, or any other heart medication.

**IF YOU ARE TAKING MEDICATIONS FOR PAIN:** Aspirin, Bextra, Vioxx, Naprosyn, iron tablets or vitamins containing iron, ASA, or ASA containing products (such as Alka Seltzer or Excedrin or NSAIDs such as: Ibuprofen, Naprosyn, Aleve or Motrin)—Please hold these 5 days before your procedure. You may take Tylenol as a substitute.

**YOU WILL BE GIVEN SEDATION AT THE TIME OF THE PROCEDURE; THEREFORE,  
YOU WILL NEED SOMEONE TO DRIVE YOU HOME FROM THE FACILITY.**

**YOU ARE NOT PERMITTED TO DRIVE FOR A PERIOD OF 24 HOURS AFTER THE EXAM.  
YOU ARE NOT PERMITTED TO USE PUBLIC TRANSPORTATION OR A TAXI SERVICE UNLESS YOU ARE  
ACCOMPANIED BY A RESPONSIBLE ADULT.**