

# MoviPrep Instructions for Colonoscopy

Name \_\_\_\_\_ Colonoscopy \_\_\_\_\_ Day \_\_\_\_\_ Date \_\_\_\_\_

Arrival Time at Endoscopy Center \_\_\_\_\_ Procedure Time \_\_\_\_\_

## Prior to Preparation:

√ Medication Adjustments \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do not take Aspirin, Ibuprofen, Advil, Aleve, Motrin, and/or arthritis medications \_\_\_\_\_ day(s) before the study as these can thin your blood. You may take Tylenol.

- √ Purchase one (1) MoviPrep bowel kit at the pharmacy. You will need a prescription for this.
- √ **Arrange for a driver.** Your driver must stay in the waiting room the entire time; this is a Department of Health guideline. You will not be able to drive until the next morning.
- √ If you have any questions please call (717) 217-4312.

## Day Before Procedure:

Beginning on the morning of \_\_\_\_\_ your diet will consist of clear liquids only. Make sure you drink plenty of fluids throughout the day and during your prep. You may have liquids only that do not have artificial red or orange coloring in them. Cranberry is OK if it is naturally red.

Examples of clear liquids include:

- |                               |                              |
|-------------------------------|------------------------------|
| ◇ Coffee or Tea (no creamer)  | ◇ Fruit juices               |
| ◇ Water                       | ◇ Athletic drinks (Gatorade) |
| ◇ Soda                        | ◇ Freeze Pops                |
| ◇ Broth, bouillon or consommé | ◇ Jell-O (no fruit in it)    |

Beginning at: \_\_\_\_\_

### STEP 1: MIX FIRST DOSE

- Empty 1 Pouch A and 1 Pouch B into the disposable container.
- Add lukewarm drinking water to top line of the container. Mix to dissolve.
- If preferred, mix solution ahead of time and refrigerate prior to drinking.

### STEP 2: DRINK FIRST DOSE

- The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz) until the full liter is consumed.
- Drink 16 ounces of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep.

Beginning at: \_\_\_\_\_

### STEP 3: MIX SECOND DOSE

- Empty 1 Pouch A and 1 Pouch B into the disposable container.
- Add lukewarm drinking water to top line of the container. Mix to dissolve.
- If preferred, mix solution ahead of time and refrigerate prior to drinking.

### STEP 4: DRINK SECOND DOSE

- The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz) until the full liter is consumed.
- Drink 16 ounces of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep.

**\*\*\*ABSOLUTELY NOTHING TO EAT OR DRINK FIVE HOURS BEFORE YOUR PROCEDURE\*\*\***

Take routine morning medications as usual with a sip of water unless otherwise directed.

Patient's Signature \_\_\_\_\_

Witness \_\_\_\_\_

Date \_\_\_\_\_