

LIDDC: MOVIPREP INSTRUCTIONS

*** FOLLOW THESE INSTRUCTIONS - NOT INSTRUCTIONS IN PREP KIT**

A. MORE THAN TWO WEEKS BEFORE YOUR PROCEDURE: Inform the office (631) 751-8700 IF:

1. You are **diabetic**
2. You are **allergic to latex**
3. You take **blood thinning products** (Coumadin, Plavix, Aggrenox, Pradaxa, Pletal, Brilinta, 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 **driver** to take you home after the procedure.

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 to the procedure if you are a woman of child bearing age.
4. Avoid fruits/vegetables with **seeds**: eg tomatoes, kiwi fruit, caraway, flax, poppy, sesame etc. and corn.

C. THE DAY BEFORE YOUR PROCEDURE:

1. **DO NOT EAT SOLID FOOD**. Drink **only clear liquids** (liquids you can see through). 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)
2. Drink at least **8 glasses** of clear liquid. It is very important that you stay well hydrated.
3. **MOVI-PREP** instructions:
 - a) **FIRST LITER**: drink one liter between 4-6pm (see attached instructions)
 - b) **SECOND LITER**:
 - if your procedure is **scheduled before 10am** drink the second liter between 10-11pm.
 - If your procedure is **scheduled after 10am** **finish the second liter and fluid 6 hours** before your procedure time.
4. If your procedure is scheduled in the **hospital**, **call the evening before** for your arrival time.
 - Mather Hospital 476-2717
 - St Charles Hospital 474-6441

D. THE DAY OF YOUR PROCEDURE: DO NOT EAT ANY FOOD

1. **Do not eat anything after midnight on the day of your procedure**. If your procedure is after 10am the second dose of Moviprep must be **completed 6 or more hours** before your procedure. You **may not drink anything** less than 6 hours before your procedure. No gum or candy. You may brush your teeth.
2. Take your usual morning medications with a **sip** of water.
3. Wear loose fitting clothes. Do not wear contact lenses, jewelry or make-up. Remove tongue piercings.
4. Bring **inhalers** with you.
5. Bring your **glasses case** with you.
6. Contact the office if you have questions or your physical condition changes (cold, fever, illness) (631) 751-8700.
7. We may **cancel the procedure if you do not have a driver to take you home**. Your driver will need to sign your discharge papers. You may **resume your normal diet** after the procedure. You **may not drive for the rest of the day/night**. You may **resume normal activities** the next day.

COLONOSCOPY INSTRUCTIONS USING MOVIPREP

MoviPrep is a laxative that cleans out your colon before a colonoscopy. The **MoviPrep** kit contains 2 packages and a mixing container. Each package contains 1 pouch A and 1 pouch B. Following the instructions below, you will use all 4 pouches to complete your prep.

You must complete the entire prep to ensure the most effective cleansing. It is important that you follow your physician's instructions regarding consumption of clear liquids before your colonoscopy. Keep yourself well hydrated before and during the prep. Stop drinking 6 hours before your procedure.

CONTACT (631) 751-8700 if you have questions/problems with the MoviPrep.

INSTRUCTIONS FOR MIXING YOUR MOVIPREP SOLUTION

FIRST DOSE (start between 4-6pm the previous day)

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. The solution should be used within 24 hours.
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. This is a necessary step to ensure adequate hydration and an effective prep.

SECOND DOSE

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

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.