

Outpatient Colonoscopy Instructions

Movi Prep-Morning Exams

- You are scheduled to undergo a colonoscopy with Dr. _____ on _____.
Arrive @ _____ @ Fort Sanders Regional Medical Center: report to the **Patient Services** in the main lobby.

THREE DAYS BEFORE EXAM: Take 2 tablespoons of Milk of Magnesia at 8:00 PM for 3 days prior to procedure. This will begin the cleansing process.

DAY BEFORE EXAM:

If you are taking prescription medications, you may take your medicine today. You must remain on a **CLEAR LIQUID DIET ALL DAY**. This is very important. You cannot eat solid food until after your procedure. A clear liquid diet includes: Bouillon, clear broth, water, coffee (without cream), tea, Gatorade, fruit juices (no pulp), soft drinks, jell-O, gum, hard candy and popsicles. **AVOID ANYTHING RED OR PURPLE. AVOID MILD PRODUCTS.**

Morning before exam: Prepare your MoviPrep solution

- Empty 1 pouch A and 1 pouch B into the disposable container
- Add lukewarm water to the top line of the container. Mix to dissolve. **Refrigerate.**

Evening before exam: Begin your prep at **6:00pm**

- The MoviPrep container is divided by four marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 ounces), until the full liter is complete.
- Drink 16 ounces of the clear liquid of your choice. You may start going to the bathroom only a couple of glasses, but be sure to drink **ALL** of the solution.
- Continue drinking clear liquids until bedtime.
- Prepare** the second container of MoviPrep and refrigerate.

***You must drink the entire prep to ensure the most effective colon cleansing. Failure to do so may result in rescheduling your procedure.**

Beginning at 8:30pm: repeat steps 1-4 entirely. Once completed do not have anything else by mouth until after your procedure.

You will have sedation, so someone MUST drive you home after your procedure.

DAY OF EXAM:

- DIABETICS:** No oral diabetic medication, however, insulin dose adjustment is needed as instructed by your doctor.
- You may take blood pressure, heart, and seizure medication with a sip of water the morning of the test. Bring your other medications with you to take after your procedure unless otherwise instructed.
- Do not take **ASPIRIN OR ASPIRIN CONTAINING PRODUCTS** for **5** days.
- Do not take **BLOOD THINNERS** (Coumadin, Plavix) for **5** days.
- Do not take **IRON SUPPLEMENTS** for **5** days.