

MOVI Colonoscopy Preparation Instructions

Please read all instructions carefully

If you need to cancel your appointment, please contact the office at least Five (5) days prior to your procedure. If the office does not receive cancellation 36 hours prior to your procedure a fee of \$125 will be applied. For your convenience, there is an afterhours cancellation line.

7 Days Prior To Procedure

- Stop aspirin, products containing aspirin, Aggrenox, Alka-seltzer, iron supplements, vitamin supplements containing vitamin E & C, garlic, Ginseng, Ginkgo Bilbao, Ginger, saw Palmetto, Pepto Bismol, multivitamins, fish oils, or any other herbal supplements.
- Avoid eating seeds and foods containing seeds (such as grapes, berries, etc.)
- Avoid popcorn, nuts, corn, beans & poorly digestible vegetables (corn, broccoli, cauliflower etc)
- Stop non-steroidal inflammatory medications (NSAIDS) such as Motrin, Advil, Aleve, etc.
- Tylenol is permitted.

5 Days Prior To Procedure

- Stop anti-platelet agents (Ticlid, Plavix, Pletal, etc)

4 Days Prior To Procedure

- Stop Coumadin/Warfarin

**** If you do take Coumadin/Warfarin, Lovenox, anti-platelet agents (Ticlid or Plavix) you must consult with your cardiologist or primary care physician regarding discontinuing these medications. If you have been instructed to continue any of these medications, you must advise your gastroenterologist prior to the procedure. ****

1 Day Prior To Procedure

You should consume at least 64 ounces of liquid during the day prior to your colonoscopy;

Clear Liquid Diet: this includes breakfast, lunch & dinner

You may eat:

- Fat free bouillon & both , consommé
- Strained fruit juices (no pulp), ginger ale, sprite, water – any clear liquid.
- Plain coffee (black)
- Plain tea
- Sports drinks- such as Gatorade
- Gelatin (Jell-o)-not red, purple or orange
- Italian ices/fruit ice popsicles - not red, purple or orange
- Hard Candy

Purchase:

- Movi Prep Bowel Prep Kit
- Container of Tucks Wipes (optional)

The Day Before The Procedure

1. Drink only clear liquids the entire day before your procedure. Solid food, milk, milk products are not allowed. Clear liquids include:
 - Strained Fruit Juices without pulp (apple, White Grape or lemonade)
 - Water
 - Clear broth or bouillon, coffee or tea, (without milk or non-dairy creamer)
 - All of the following as long as they are **NOT** colored **RED** or **PURPLE**
 - Gatorade- Snapple
 - Carbonated and non-carbonated soft drinks
 - Kool-Aid (or other fruit flavored drinks)
 - Plain Jell-O (preferably clear or yellow, without added fruits or toppings)
2. Drink at least 8 glasses of water throughout the day and evening.

Directions For Taking Movi Prep Laxative:

Step One

- Empty 1 Pouch “A” and 1 pouch “b” into the disposable container.

- Add lukewarm drinking water to the top line of the container. Mix to dissolve. If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.

Step Two: Between 4 & 6 Pm

- The Movi prep 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.
- Drink 16 ounces of the **clear** liquid of your choice

Step Three

- Repeat steps 1 & 2 at 9-10 pm day prior to the procedure if your procedure arrival time is before 11 am.
- If your procedure arrival time is after 11 am, you can do step 3 in the morning 6 hours prior to your procedure time.
- **You must have 2 doses in order to properly cleanse your colon.**

Helpful Tips Day Of Your Procedure

- Do not eat or drink anything after midnight on the day of your procedure, except for the second dose of the preparation as described above. If your procedure is scheduled for the afternoon, you may have clear liquids (as described above) only up until 6 hours prior to the procedure.
- Have nothing by mouth including chewing gum or any kinds of candy, i.e. mints, tic-tacs, hard candy, etc.
- On the day of the procedure take all other necessary medications (blood pressure and cardiac medications) with a sip of water as you normally do.
- Loose fitting clothing should be worn, particularly sleeves and waist. Please do not wear contact lenses, eye make-up or lipstick. It is recommended that you leave all jewelry at home..
- Please bring all medications, including inhalers, with you the day of your procedure.
- In the event your physical condition changes (cold, fever, illness) please contact us prior to coming to the office/hospital for your procedure.
- **Please note: you loss significant amounts of fluid during bowel preparation. In order to prevent dehydration, it is important to supplement fluid lose with clear liquids. Make a conscious effort to drink as much as you can before, during and after preparation.**
- After your procedure, you will not be released unless there is a driver to take you home.