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MOVIPREP PREP SHEET

ONE WEEK BEFORE PROCEDURE:

Do not take any blood thinners such as (Aspirin, NSAID’s, Plavix, Coumadin, Warfarin) or iron supplements during the week preceding your procedure.

THE DAY BEFORE YOUR PROCEDURE:

1. Mix **MoviPrep (1 pouch A and 1 pouch B)** in the container with water early in the morning and **refrigerate**.
2. Stay on a **clear liquid diet** all day **THE DAY BEFORE YOUR PROCEDURE**. This includes water, Broth (fat free), Bouillon, Carbonated Beverages (Sprite, 7-Up, Ginger Ale), Coffee (regular or decaffeinated), Clear Fruit Juices (pulp free – **NO RED COLORS**), Jell-O or other Gelatins (**NO RED COLORS**), Popsicles (**NO RED COLORS**), Tea (regular or decaffeinated), Gatorade or other sports drinks (**NO RED COLORS**). **Avoid** cream soups or any liquid with pulp. **Avoid** any kind of ice cream or sherbert,
3. At **9:00am** take 2 Dulcolax (Bisacodyl) tablets by mouth. These are available over the counter.
4. Begin drinking MoviPrep at **6:00pm**. Drink 8 oz. every 10-15 min. until it is all gone. Once you have completed drinking the MoviPrep solution, drink (2) 8 oz glasses of clear liquid. This will keep you hydrated.
5. Mix the remaining **MoviPrep (1 pouch A and 1 pouch B)** in the same container with water after you have consumed the first liter and **refrigerate**.
6. **At midnight you can no longer have anything to eat or drink** other than the prep until after the procedure.

THE DAY OF YOUR PROCEDURE:

7. Begin drinking the MoviPrep you mixed the night before **5 hours prior to your scheduled procedure time**. (example: if your colonoscopy is at 9am, you will need to begin drinking your MoviPrep at 4am) Drink 8 oz. every 10-15 min. until it is all gone. Once you have completed drinking the MoviPrep solution, drink (2) 8 oz glasses of clear liquid. This will keep you hydrated.
8. You may take important medications (such as heart, blood pressure, etc.) with a small sip of water on the morning of your procedure. If you are a **diabetic**, reduce your diabetic medication by _ the day before, and do not take your medication the morning of the procedure until after you eat. For any questions, call your family doctor. Routine medications with the exception of blood thinning medications may be taken when you get home.
9. **Transportation:** Since a colonoscopy involves some anesthesia/sedation, you **MUST** have someone drive you home and stay with you during the following 4-6 hours(**NO TAXI DRIVERS**). They should also remain in the clinic during your procedure so the physician may speak with them once you are in recovery.

- * Please wear comfortable clothes and shoes the day of your procedure.
- * Please read your information pamphlet carefully. Feel free to call the nurse with any questions you may have.

PROCEDURE _____	
Place _____	Dr. _____
Date _____	
Procedure Time _____	
Check in time _____	AM/PM _____
<input type="checkbox"/>	At Outpatient Registrtration on the _____ floor.
<input type="checkbox"/>	At Bay Area Endoscopy Center