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Procedure Date and Time: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Facility: \_\_\_\_\_ (see MAP)

**Do NOT eat ANY nuts, seeds, or popcorn one week prior to your procedure**

### PREP INSTRUCTIONS FOR COLONOSCOPY – MoviPrep

\*\* If you are taking **Plavix, Coumadin (Warfarin), Lovenox** or any other prescribed blood thinners, it is very important that you notify the nurse for instructions as to when to **STOP** these medications prior to your procedure. **If you are taking 325MG Aspirin**, switch to 81MG daily 7 days prior to your procedure & stay on this leading up to the procedure.

#### **DAY BEFORE:**

1. You **MUST** be on a clear liquid diet **ALL DAY**. (NO SOLID FOODS)

- List of liquids: Tea, Black Coffee (no creamer), coke, sprite, diet sodas, chicken or beef broth, Jell-O, popsicles, apple juice, cranberry juice (natural red), Gatorade, Powerade, and water. Absolutely no RED Jell-O or RED/ PURPLE products. No Orange Juice, Milk, or Milk Products.

- You will need to take any **Thyroid, Blood Pressure, Anxiety and only take a half dose of your diabetic medication.**

2. At **6:00pm** complete the following steps using your MoviPrep kit:

- Empty 1 Pouch A and 1 Pouch B into the MoviPrep container, add lukewarm drinking water to the top fine of container and mix well.
- Container is divided by 4 marks. Every 15 minutes drink the solution down to the next mark (approximately 8 oz) until solution is fully consumed. Complete within 1 hour.
- Drink 16 oz of a clear liquid of your choice. This is a necessary step to ensure adequate hydration and effective prep. To ease nausea while drinking prep try using a straw and/or suck on a lemon wedge.

3. At **9PM**, MIX one 238gram container of Miralax in 64 oz of water. Drink half (32oz) of this mixture over 1 hour.

\*\*If by 10pm you're still not passing clear liquids, drink the other half (32oz) of mixture over 1 hour.  
If you have not had any bowel movements by 10:30pm, call our office 972-562-4430 option 1 to page the doctor on call.

#### **DAY OF: 5 hours prior to procedure time**

4. At \_\_\_\_\_ AM/PM REPEAT ALL STEPS IN #2

5. you **MUST HAVE TRANSPORTATION** from the facility by an adult family member or friend otherwise, your procedure will be canceled.

6. You may take blood pressure or heart medication with just a sip of water early on *the* day of your procedure.

7. NOTHING by mouth 5 hours prior!