

MoviPrep COLONOSCOPY Preparation Instructions

Please note: A colonoscopy may need to be rescheduled for an inadequate preparation.

Medications

Beginning one week before your procedure:

- If you are taking iron or any vitamin supplements containing iron, stop these five days before your appointment. Stop fish oil, ibuprofen (Motrin, Advil), naproxen (Aleve), or other blood thinners at least five days before the appointment.
- If you are taking Warfarin (Coumadin) contact your physician about stopping or taking an alternative. **You need to be off of these medications beginning four days before your procedure. DO NOT stop your warfarin (Coumadin) without speaking to your physician first.**
- If you are taking Clopidogrel (Plavix) contact your physician about stopping or taking an alternative. **You need to be off of these medications beginning seven days before your procedure. DO NOT stop your clopidogrel (Plavix) without speaking to your physician first.**
- You will need to have your prescription filled for MoviPrep at your local pharmacy.

Prep Instructions beginning the day before your procedure starting from when you wake up:

- **NO SOLID FOODS** - If you have solid foods the day before your procedure, your procedure may be cancelled.
- Begin a clear liquid diet, and continue with clear liquids only for the entire day. Do not have any liquids you cannot see through. You may not have any **SOLID FOODS** until after your procedure. Drink plenty of extra liquids throughout the day, at least 8 ounces of liquids every hour. The more clear liquids you drink, the cleaner your colon for the procedure.

Clear Liquid Diet

- A clear liquid diet consists of anything that you can see through and is the consistency of water at room temperature.
 - Hot or iced Tea with or without sugar (**NO CREAM, MILK, OR HALF AND HALF**)
 - Coffee (black) with or without sugar (**NO CREAM, MILK, OR HALF AND HALF**)
 - Clear Juices such as apple Juice, white cranberry Juice, white grape Juice
 - Sodas - any
 - Water
 - Gatorade/PowerAde - avoid flavors with red dyes
 - Pedialyte
 - Coconut water
 - Clear **BROTH** of any kind (beef, chicken, or vegetable) **NO NOODLES OR MEAT**
 - Jell-O - avoid flavors with red dyes
 - Popsicles - avoid flavors with red dyes

You will be drinking MoviPrep, a two-dose bowel prep:

- **First dose** - The morning before your colonoscopy, pour one Packet A and one Packet B in the provided container with luke-warm water to the top line. Mix well and pour into another container. Place in the refrigerator. Repeat the mixing of the solution by mixing one Packet A and one Packet B and filling with luke-warm water to the top line, and placing container in the refrigerator. At 4 pm begin drinking the first container of mixed solution - one 8 ounce glass every 15 minutes until the first container is empty. This is a total of 1 liters. If you feel nauseated or throw up while drinking the MoviPrep solution, slow down drinking the solution to a glass every 20 to 30 minutes. Make sure you finish drinking the entire first container of mixed MoviPrep by 6 pm the night before your procedure.
- **Second Dose** - At 6 pm the night before your colonoscopy, after the first dose of MoviPrep has been consumed, begin drinking the second dose of MoviPrep. Drink one 8 ounce glass every 15 minutes until the second container is empty. If you feel nauseated or throw up while drinking the second part of the MoviPrep solution, slow down drinking the solution to a glass every 20 to 30 minutes. Make sure you finish drinking the entire second container of mixed MoviPrep by 8 pm the day before your

procedure. Drink two to four more glasses of clear liquids after you have drank both containers of the Moviprep solution to prevent dehydration. Stop drinking any liquids after midnight the night before your colonoscopy.

- The solution will cause frequent watery stools. To prevent any perianal skin discomfort you may want to apply a soothing ointment such as Desitin or A&D Ointment.

The morning of your procedure:

- You may continue all of your regular medications (with the exception of any blood thinners mentioned above) per usual. Take them with a small sip of water if you need to take them before your procedure. The nurse who you speak with from the hospital, will tell you what medications to take on the morning of your procedure.
- You should not have anything to drink for after midnight the day before your procedure. It is important your stomach is empty during the procedure. If you have anything to eat or drink after midnight your procedure may be cancelled.

***** Because you will receive sedating medications/narcotics during your procedure, it is required by law that you have a responsible adult accompany and drive you home. This is because your judgment and reflexes may be impaired, you may be somewhat groggy and dizzy, and may feel tired for about 24 hours after your procedure. No driving for 24 hours after your procedure. If you do not have a driver to take you home, your procedure will be cancelled. *****

Scheduling:

The hospital will call you the 2 to 3 before your procedure to tell you what time your procedure is scheduled and when you should arrive at the hospital. If you have not heard by 4:30 pm the afternoon before, please call 520-432-6560 or 520-432-6565.

Thank you for choosing Copper Queen Community Hospital for your health care needs. If you have questions or concerns please call 520-432-6560 or 520-432-6565 Monday through Friday.