

Name: _____

Date/Time: _____

Arrival Time: _____

Date Of Birth: _____

JAMES D. TOROSIS, MD

VICKY W. YANG, MD

DANIEL S. RENGSTORFF, MD

CYNTHIA W. LEUNG, MD

LOCATION: _____

COLONOSCOPY WITH **MoviPrep BOWEL PREP KIT** Preparation Instructions

Five Days Before the Procedure:

Please discontinue any coumadin, aspirin, or nonsteroidal anti-inflammatories, such as ibuprofen (Advil, Motrin), naproxen (Aleve), Daypro, Relafen, etc. **Tylenol (Acetaminophen) is acceptable to take. *If you have a history of blood clots, coronary artery stents, or a mechanical heart valve, please discuss this with your doctor.***

*Please stop eating food products containing seeds or Iron supplements 5 days prior to the procedure.

One Day Before the Procedure:

You may not have any solid foods. You may have clear liquids only. These include: coffee/tea with sweetener only, beef/chicken broth, apple juice, white grape or white cranberry juices, Gatorade, soda pop, popsicles, and Jell-o. **No red or purple colors.**

At 4pm, prepare your first dose of the **MoviPrep** laxative. Take one packet and empty both the pouches (labeled A and B) into the plastic bottle provided. Add lukewarm water to the top fill line. Mix to dissolve. Every 15 minutes, drink the solution down to the next mark (approximately 8oz), until the full liter is consumed. This will take about one hour. You can pour the drink over ice to lessen the salty flavor.

Then, drink 16oz of any clear liquid listed above.

At 7pm, repeat the above steps.

*If you develop nausea or vomiting with the prep, please stop and take a 30 minute break. It may help to suck on a lime wedge prior to drinking a glass of prep. If you are having difficulties completing the preparation (vomiting etc), please call the office or the physician on call if after hours.

STOP DRINKING ALL LIQUIDS:

For an AM procedure, stop liquids at midnight.

For a PM procedure, you may continue to drink clear liquids until 8am. You may take your morning medications with a small sip of water, unless otherwise instructed. If you are a **diabetic**, please discuss your diabetes meds with one of us. Most likely, we will have you hold them the day before the procedure until after you are eating solid foods again.

You will receive sedation so please be aware that you are required to have a designated driver to take you home. You may not take public transportation or taxi. If you need assistance, our office may be able to facilitate a ride for you.