CORE PHYSICIANS
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# COLONOSCOPY INSTRUCTIONS - MOVIPREP

Date of Procedure:

Physician:

## Two weeks before:

Please call your primary care physician to discuss holding blood thinners such as Coumadin, Plavix, Effient, Lovenox, Pradaxa, or Aggrenox. These will **have** to be held prior to the procedure. You may need special instructions if you take insulin or other diabetic medications.

**The endoscopy suite will call you 10 business days prior to your procedure date to inform you of your arrival time.**
**If you don't confirm your arrival time within 48 hours receiving it, you will be rescheduled.**
**Questions may be directed to (603)-580-7892.**

## 7 days before

- ***Stop*** taking iron supplements and multivitamins.
- ***Stop*** taking NSAIDS such as Motrin, Ibuprofen, Aleve, Naproxen, and Meloxicam.
- You may ***continue*** to take your daily aspirin.
- *Pick up* your bowel prep at the pharmacy. It will be a container with 4 packets of powder mix. Do not add any water until the day before your colonoscopy.
- *Read* this entire instruction sheet and all included materials.
- Use the instructions on this sheet. ***DO NOT*** use the instructions provided on the MoviPrep box.

- If you use our patient portal to check **upcoming appointments** please **disregard** this information for your procedure is in our endoscopy suite

## 5 days before

- Confirm your ride home. You **MUST** have a ride home as you will be receiving sedation (NO TAXIS). Please inform your escort that the visit will take 2 ½ -3 hours.

## 2 days before

- ***Stop*** eating seeds, nuts, corn, green vegetables and beans.

**Helpful tips…** Drinking the Moviprep cold and adding a Crystal Light flavor packet (not red) can improve the taste. Drink with a straw.

To decrease discomfort around the rectum use wet wipes instead of toilet paper and apply Vaseline or A&D Ointment to the rectum.

## Day before

- No solid food
- No dairy
- No juice with pulp
- No alcoholic beverages
- Nothing red in color

***ONLY*** clear liquids allowed: Apple juice, white grape juice, ginger ale, clear broth/ bouillon, water, coffee/tea without milk, clear carbonated beverages, Jell-O, popsicles.

To stay hydrated, drink at least 8 glasses of clear liquid in addition to the bowel prep.

Mark off each time you drink an 8 OZ. glass

- Early in the morning mix the MoviPrep: Fill the container with lukewarm water, empty 1 pouch of A and 1 pouch of B into the container, shake well until powder is dissolved and refrigerate to chill. ***See helpful tips below...***

- Starting at 6:00 pm drink one 8 OZ. glass of MoviPrep preparation every 15-20 minutes until the container is consumed. If you get nauseated, stop for 30 minutes to 1 hour, then start again at a slower pace. You will begin to have loose stools 1-2 hours after you start drinking the MoviPrep.

Mark off each time you drink an 8 OZ. glass

★If you are unable to finish your prep or have not had a bowel movement two hours after drinking the evening dose, call the hospital at 603.778.7311 as soon as possible and ask for the GI nurse.

## Day of procedure

- **4 hours prior to your arrival time** drink the second dose of MoviPrep (the second packet of A&B).

Drink one 8 OZ. glass every 15 minutes until gone.

Mark off each time you drink an 8 OZ. glass

- ***Stop*** drinking all liquids 3 hours before you are due to arrive at the hospital.
  - **No gum chewing or hard candy 3 hours prior to arrival.**
- Please *take* your morning medications with a sip of water.

If you wear contacts, you'll be asked to remove them prior to the procedure.

Please check with your insurance carrier regarding your coverage of this procedure, a pre-authorization may be required. Revised 11/2017

**If you are unable to make your appointment please call 603.580.7892 Core Gastroenterology requires 72 hours notice for cancellations.**