

Colonoscopy Preparation with MOVI

Date of Procedure: _____ Arrival Time: _____

*****Your Movi prep solution has been called into your pharmacy. Please pick this up soon.*****

DO NOT FOLLOW THE INSTRUCTIONS ON THE CONTAINER

If you normally take Pletal (Cilostazol), Jantoven, Plavix (Clopidogrel), Coumadin (Warfarin), Persantine (Dipyridamole), Eliquis (Apixaban), Aggrenox, Xarelto or Pradaxa (Dabigatran) then ***we will contact your prescribing physician to make sure that it is okay for you to stop for the recommended number of days.*** We will contact you once they have responded. Do not stop aspirin for the procedure.

FOUR DAYS BEFORE PROCEDURE: Discontinue eating any foods with seeds, nuts, fruit or vegetables with skin and corn. Also avoid multivitamins as well as iron, herbal and homeopathic supplements (unless advised by a physician).

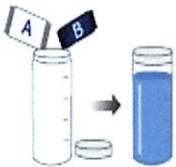
[] **If your physician has recommended that you take Miralax in addition to the Movi** solution before procedure, due to a history of severe constipation or other medical indication, you will need to purchase Miralax 119 gram bottle and take 17 grams (one capful) of Miralax in 8 oz of water twice a day, beginning 3 days before procedure.

ONE DAY BEFORE PROCEDURE: Clear liquids such as broth or bouillon, Jell-O, popsicles and Gatorade (NO red or purple), tea, coffee, clear soft drinks and water are allowed. **NO SOLID FOOD OR MILK PRODUCTS.**

Diabetics: Insulin Pump – Follow instructions from Endocrinologist

Oral Diabetic or Insulin Dependent – Take half of your normal dose unless otherwise instructed.

Beginning at 5:00 pm, complete steps 1 through 4:



Step 1 - Empty one (1) pouch A and one (1) pouch B into the disposable container

Step 2 - Add lukewarm drinking water to the fill line at the top of the container. Mix to dissolve.

Step 3 - Drink a glass every 15-20 minutes until liter has been consumed

Step 4 - You must drink one more 16 ounce container of your preferred clear liquid over the next hour

*****Bowel movements usually start within 1-2 hours after you begin drinking and can continue 1-2 hours after you finish.*****

DAY OF PROCEDURE:

- 6 hours before your procedure discontinue all forms of tobacco products
- 5 hours before your procedure, repeat steps 1 through 4 using the remaining packet A and packet B
- You must finish the final glass of clear liquid at least 3 hours before your procedure
- You may have clear liquids, gum and hard candy up to 3 hours before your procedure

****IF YOU TAKE BLOOD PRESSURE MEDICATIONS, YOU MAY TAKE THEM 3 HOURS PRIOR TO YOUR PROCEDURE TIME.**

****IF YOU ARE A DIABETIC, DO NOT TAKE YOUR MEDICATIONS BUT PLEASE BRING THEM WITH YOU.**

****DO NOT TAKE HEPARIN OR LOVENOX ON THE DAY OF PROCEDURE.**