

# **Movi-Prep for Morning Colonoscopy**

**(Arriving at Hospital *before 10am*)**

**Gastroenterologists, P.C.**

**Please read both pages of these instructions carefully several days before the procedure.**

You must follow the instructions exactly in order to cleanse your colon before your procedure. If your colon is not properly prepared, it may result in cancellation of your procedure. You will be given a prescription for the oral colon purge solution (*MoviPrep*) and you will need to purchase an over the counter laxative (Dulcolax). ***Please note, the times below are approximations. If you need to move start time for drinking the prep up or back an hour, then adjust the other times the same amount.***

***\*2 Days prior to procedure:***

**Avoid high fiber foods** such as corn, nuts, tomatoes, lettuce, bran cereals, etc. See more examples on “Special Diets” page at [www.IowaGastro.com](http://www.IowaGastro.com). **Drink extra clear liquids all day.**

***\*1 Day prior to procedure:***

You are to have **clear liquids only the entire day before your procedure and are encouraged to drink liberally, at least 10 (8 oz.) glasses, throughout the day.** Clear liquids include: broth, tea, plain Jell-o (without fruit), punch, Kool-Aid, Sprite, 7-up, clear juices (i.e. apple or cranberry), sports drinks, flavored waters or Popsicles. If you drink or consume red colored products, you may experience red colored bowel movements so this is not advised. **You may have clear liquids up until the time of your procedure.**

***\*At 4pm the Day prior to procedure:***

**Take 1 Dulcolax tablet every 10 minutes with an 8 oz. glass of water until you have taken a total of 4 tablets (over the counter, no prescription needed).**

***\*At 6pm the Day prior to procedure:***

***Step 1:*** Empty 1 Pouch A and 1 Pouch B into the container provided. Add lukewarm drinking water to the top line of the container. If you prefer, mix solution ahead of time and refrigerate prior to drinking. Use within 24 hours. **Start drinking the solution, one 8-ounce glass every 10-15 minutes until the solution is gone.** It is best to drink the whole glass quickly rather than sipping small amounts continuously. You may drink other clear liquids or suck on hard candies between glasses of prep solution. **Then drink at least two additional 8-ounce glasses of any clear liquid.**

Feelings of bloating are common after the first few glasses because of the large amount of fluid ingested. This is usually temporary and should disappear once bowel movements begin. If you experience nausea or cramping, stop drinking for 15 minutes. Try drinking warm tea, broth, or hard candy, and then begin again. Your stools should begin after the first 4-6 glasses. Continue drinking once the stools have begun. They should become more and more liquid and lighter in color.

***\*At 9pm the Day prior to procedure:***

***Step 2:*** ***Follow the same instructions as listed under step 1.*** The prep is not complete until the stools are clear or light yellow water.

**\*An alternative would be to drink this second dose of colon prep very early on the morning of the procedure. You would need to drink this at least 3-4 hours before you are due to arrive at the hospital.**

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**Gastroenterologists, P.C.**

If you experience any difficulty with the prep, call the Endoscopy Unit at the number below.

You may call any time day or night. An endoscopy nurse is on call 24 hours a day. For more information and directions to the Endoscopy Units listed below see the “**services**” page at [www.IowaGastro.com](http://www.IowaGastro.com).

**Mercy Endoscopy Unit:**                      398-6484 (7am-5pm)                      after 5pm: 533-2205

**St. Lukes Endoscopy Unit:**                      369-7301

**Surgery Center Cedar Rapids:**                      558-4800 (6am-4pm)                      after 4pm: 533-7136

## **IMPORTANT POINTS**

--You must have a driver available to take you home once the procedure is completed. **NO CABS OR BUSES.** The procedure will be cancelled if you do not have a driver to take you home. Your stay will be approximately 2 1/2 to 3 hours.

--You will need a responsible adult to stay with you after your procedure for the remainder of the day.

--If you are on Plavix, Coumadin, Lovenox, or Ticlid, please talk to your doctor well in advance to the procedure.

--**DO NOT** use Advil (Ibuprofen), Aleve (Naproxen), Relafen, Mobic, Motrin or other NSAIDs for 5 days prior to procedure.

--**DO NOT** use Aspirin for 7 days prior to procedure. You may take Tylenol.

--Please take necessary prescription medications, such as blood pressure and asthma medications, with a small amount of water in the morning of the procedure.

--Stop iron supplements at least one week before your procedure. This includes vitamins with iron.

--Stop FIBER supplements 2 days before the procedure. This includes METAMUCIL, CITRUCEL.

--Leave valuables at home.

--Bring a list of your medications and allergies with you.

--Contact your insurance company and confirm the details of your coverage and pre-certification.

--Bring your insurance and/or Medicare cards.