

**ENDOSCOPY CENTER, 2 North  
CHARETTE HEALTHCARE CENTER, PORTSMOUTH, VA  
757-953-2003  
Movi-prep**

**APPT DATE:  
APPT TIME:  
ARRIVE AT:  
PHYSICIAN:**

- You are scheduled to have a **Colonoscopy**. This procedure visually examines the lining of the colon and rectum using a long, thin, flexible tube equipped with a video camera and a light. A colonoscopy diagnoses colon (large intestine) and rectal problems. Small tissue samples (biopsies) and most colon polyps can be removed during the colonoscopy.
- In order for the procedure to be accurate and complete, the colon must be completely cleaned. Please follow all instructions.
- **If you have questions regarding your prep or other instructions please contact the clinic at 953-2003/2004 (questions option #5; to schedule or reschedule option #4)**
- **Note: It takes the whole Movi prep to do a really good job. If you want an accurate examination, it is important that your preparation for the test is complete. If your colon is not well cleaned out, the test may have to be rescheduled for another day. We do NOT recommend the manufacture's instructions as described on the prep container or box. We feel that completing the prep as stated below is much more successful for a clean bowel.**
- **It is recommended that all females of childbearing age have a urine pregnancy test done within 72 hours prior to the procedure. This MUST be done PRIOR to day of procedure.**
- **Patients with sleep apnea; need to bring your CPAP machine.**

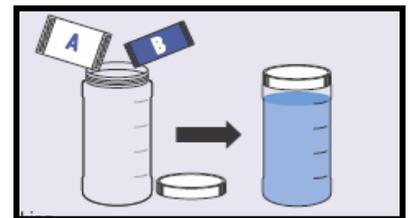
### **2-3 Days before your exam**

- Drink plenty of fluids starting 2-3 days prior to your procedure to avoid dehydration. This consists of a minimum of six 8 ounce glasses of fluid a day.
- Follow a low residue diet. **Avoid** seeds, nuts, oatmeal or other whole grains, popcorn, beans, peas, corn, salad, and the peels of fruits and vegetables as these remain in the colon after the completion of the prep. You may have rice, peeled fruit, skinless chicken, turkey and fish.

### **MORNING BEFORE THE EXAM**

**Prepare MoviPrep solution** (ok to mix 24hrs before exam)

- Empty 1 pouch A and 1 pouch B into the disposable container
- Add lukewarm water to the top line of the container.
- Mix to dissolve. **Refrigerate.**



**0800** You may have a light breakfast before 0830

- After breakfast;
  - Begin **drinking only clear fluids for the entire day before your procedure.**
  - **YOU CANNOT EAT ANY SOLID FOOD.**
- **Please DO NOT drink alcohol, milk or other dairy products, or anything that is red (red dye #40) in color.**

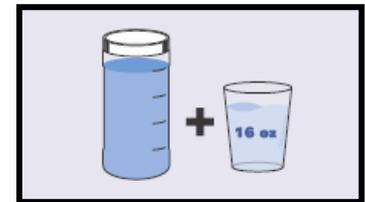
**Clear liquids are those you can “see through” examples**

- water, strained fruit juice without pulp (apple, grape, cranberry), tea, coffee (non-dairy creamers such as coffee-mate liquid or powder are OK, but NOT milk or half/half creamer), clear broth or bouillon, Clear sodas, (e.g. Coke, Pepsi, Ginger Ale, root-beer, lemon-lime soda, lemonade, sports drink (e.g. Gatorade), crystal light, kool-aid or other fruit flavored drinks, jell-o, popsicles, Italian ice and hard candies.

### MoviPrep Instructions

#### **Begin your prep between 3 – 5:00 pm**

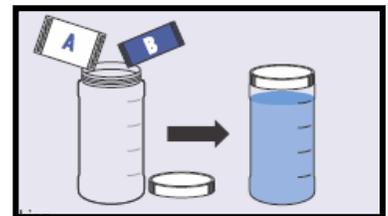
The MoviPrep container is divided by four marks.



- Every 15 minutes, drink the solution down to the next mark (Approximately 8 ounces), until the liter is completed
- **Be sure to drink ALL of the solution.**
- **When finished Drink at least another 16 ounces of a clear liquid**
- Feelings of bloating, chills, and/or nausea are common after the first few glasses, due to the large volume of fluid ingested. This is temporary and will improve once bowel movements begin. Most people have a bowel movement within one to four hours of starting the laxative. Remember to stay close to a bathroom.
- Tucks/baby wipes and soft toilet tissue may help with irritation after the numerous bowel movements.

Prepare the **second container of MoviPrep and refrigerate when first full liter is completed.**

- **Continue drinking clear liquids**



### Morning of your procedure:

#### **Begin the second container of MoviPrep.**

Finish drinking the second liter and 16oz clear liquid; **no later than 3 hours** before leaving home for your colonoscopy appointment; it is recommended that you begin drinking 4-5 hours before your appointment time. (Example: 8:00 am appointments need to complete their preparation no later than 4:00 am.)

- **YOU NEED TO DRINK THE ENTIRE CONTAINER OF THE PREPARATION BEFORE YOUR PROCEDURE.** Drinking the solution down to the next mark every 15 minutes will lead to the best results.
- **After completing solution;** you may have clear liquids up to 2 hours before your arrival time.

**Do Not Drink ANYTHING INCLUDING WATER after**

**Arrive at the GI Clinic@ (1 hour before your scheduled appointment).**

**Arrive @ \_\_\_\_\_**

- Upon arrival, check in at the front desk **with driver.**
- You do not need to be in uniform. Wear comfortable clothing, as you might be a little bloated after the procedure.
- Do not wear make-up, nail polish, jewelry or piercings
- Plan to spend about 2-4 hours in the Endoscopy Center.

**MEDICATIONS & SPECIAL MEDICAL CONDITIONS**

On the day of your procedure, please be ready to give the name and date of last dose of any and all drugs (Over the counter and prescribed) taken recently.

- **You may continue to take over the counter pain relievers and aspirin products up through the procedure.**
- It is okay to take sips of water to swallow your morning medications as instructed.
- **If you are unsure about a medication, please call the clinic at 757-953-2003/2004 (#5)**
- **Continue to take prescribed blood pressure and heart medications throughout the prep, including the morning of the procedure, with a small sip of water**
- **If you are DIABETIC:**  
Taking **insulin**, -evening before procedure; take ½ dose.  
Morning of procedure; **DO NOT** take insulin. Check your blood sugars as directed especially the AM of your procedure  
**Oral medication; do not take the morning of your procedure.**
- If you are taking **blood thinners** (Coumadin, Pradaxa, or Plavix) consult your physician.

**IMPORTANT REMINDERS:**

- Each patient receiving a colonoscopy will receive an IV for sedation.
- Because you receive sedation; until the morning after your procedure you cannot:
  - ✓ Operate machinery , including a motor vehicle until the day following your procedure
  - ✓ Sign anything legally binding or make important personal or business decisions
  - ✓ Consume any alcoholic beverages
- You can resume your normal activities the following day.

NOTE: If you cannot arrange for a driver, your procedure will need to be rescheduled. **Someone must come, stay and wait in the GI Clinic to accompany you and drive you home.** (Taxi and Bus transportation is unacceptable).