

Digestive Health Complex, St Clairsville, OH 43950

Colonoscopy Preparation Instructions with MoviPrep :

For best results and to prevent the need to cancel or reschedule your colonoscopy, please pay attention to following:

1. Only follow Office instructions given by your gastroenterologist or on this instruction sheet.
2. Do not follow instructions from any other source, including instructions that come with your MoviPrep prescription.

Seven {7} days before your procedure

STOP:

1. Aspirin unless prescribed by a physician
2. NSAIDs including: Ibuprofen (Motrin, Advil), Naproxen (Aleve, Naprosyn), and similar medications
3. Iron, fish oil and vitamin E
4. All seeds, nuts, popcorn

OKAY/APPROVED:

1. Any regular medications (especially blood pressure and/or cardiac medications)
2. Acetaminophen (Tylenol)

~ You will receive additional instructions, guided by your prescribing physician, if you are taking:

- Blood thinner medications such as Warfarin (Coumadin), Heparin, Xaralto, Lovenox, Plavix, Aggrenox, Ticlid, Pradaxa
- Diabetes medications

The day before your procedure

STOP (in addition to above):

1. Any solid food
2. Dairy products
3. Alcohol

OKA Y/APPROVED:

1. Any regular medications (especially blood pressure and/or cardiac medications) and acetaminophen (Tylenol)
2. Water and clear liquids including:

Juices: apple, white grape, lemonade

Broth: chicken, beef or vegetable

Soda: 7-Up, Coke

Other: black coffee, tea, popsicles, jello, sports drinks

- Eating any solids may result in your procedure being cancelled.
- Make sure to drink clear liquids throughout the day to keep yourself well-hydrated.

~ 6 p.m. the day before your procedure: Drink first dose of MoviPrep solution:

1. Mix the MoviPrep solution (one pouch A and one pouch B) with water in the provided one liter container.
2. Every 10 to 15 minutes drink 8 oz of the solution (one hour total).
3. Drink an additional 16 to 32 ounces of clear liquids.

The day of your procedure

- Continue your clear liquid diet
- Take your regularly prescribed morning medications (with a small sip of water) unless instructed otherwise.

~ 4.5 hours before your scheduled procedure time: Drink the second dose of MoviPrep solution:

1. Mix and drink the second dose of MoviPrep solution (one pouch A and one pouch B) as you did previously.
2. Drink an additional 16 to 32 ounces of clear liquids.
3. 4 Hours before the procedure, NO eating or drinking or smoking until after the procedure.