

GASTROENTEROLOGY ASSOCIATES, P.C.

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MOVI-PREP INSTRUCTIONS

PLEASE BE SURE TO FOLLOW INSTRUCTIONS CAREFULLY, IF NOT WELL PREPPED, THE PROCEDURE MAY BE CANCELED AND RESCHEDULED!

PROCEDURE DATE: _____ PROCEDURE TIME: _____

The Ambulatory Surgery Center will be calling you prior to your appointment to do a pre-op assessment over the telephone. If you have any questions, you may call (703)369-8525. Please check with your insurance company to ensure coverage and that you have met all referral requirements.

You will be medicated for this procedure so you must have a friend or family member drive you home. They must stay while you are having the procedure and in recovery.

You will not be allowed to drive or ride in a cab! If someone does not accompany you, you will be canceled and rescheduled for another day.

***7 days** before the procedure, (_____) STOP foods with Olestra (usually found in fat-free products).

***5 days** before the procedure, (_____) STOP foods with seeds or nuts, no corn, do not take iron supplements, vitamin E or fish oil (Omega 3/ Flax seed oil/ Cod liver oil).

***3 days** before the procedure, (_____) STOP aspirin, anti-inflammatory medications (Aspirin, Aleve, Advil, Motrin, Ibuprofen, NSAIDS, Naproxen, Excedrin, Bufferin, Plavix, Celebrex etc.) Tylenol is OK.

For patients taking *Coumadin* - Please call our office for special instructions.

THE DAY BEFORE PROCEDURE: Date: _____

- When you wake up, mix first Pouch A and Pouch B into the disposable container. Add lukewarm water to the top line of the container. Shake and refrigerate.
- **You may have only clear liquids only – NO SOLIDS! No dairy or dairy products.**
CLEAR LIQUIDS: Water, sparkling water, apple juice, white grape juice, iced tea, hot tea, Gatorade, black coffee (no cream or milk), sodas-any kind, broth/bouillon, Jell-O, popsicles.
(no red, purple or orange dye in anything you drink)
- If your appointment is after 12:00 PM, you may have solids until _____. Then you may only have CLEAR LIQUIDS as listed above for the rest of the day.
- Drink at least 8-10 glasses of clear liquids today.

At _____ Start drinking the refrigerated mix. Every 15 minutes drink the solution down to the next mark on the container until the liter is complete.

Mix second Pouch A and Pouch B into container with lukewarm water and refrigerate until tomorrow morning.

THE DAY OF PROCEDURE: Date: _____

At _____ Start drinking the refrigerated mix. Every 15 minutes drink the solution down to the next mark on the container until the liter is complete.

Please arrive at the Surgery Center at: _____

8644 Sudley Road, Second Floor

ABSOLUTELY nothing by mouth 6 hours prior to your procedure

This includes NO chewing gum and NO candy.

If you take blood pressure or anxiety medicines, you may take these with a small sip of water.