

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 pre-registration department of the hospital will call you to pre-register for the procedure. If you are pre-registered, you may go to the Special Procedure department at your ARRIVAL time. If you are not pre-registered, you will need to stop at Registration in the Main Lobby one hour prior to your procedure time. 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 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 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. Again mix Pouch A and Pouch B into container with lukewarm water and refrigerate.

THE DAY OF THE 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 hospital at: _____

8700 Sudley Road, Manassas

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.