**Preparation Instructions For Colonoscopy with Movi-Prep**

**Prince William Ambulatory Surgery Center**

**Appointment Date: ____________________**

**Appointment Time: ____________________**

- **PLEASE BE SURE TO FOLLOW INSTRUCTIONS CAREFULLY. IF NOT WELL PREPPED, THE PROCEDURE MAY BE CANCELLED AND RESCHEDULED!**
- The Surgery Center will be calling you prior to your appointment to do a pre-op assessment over the phone.
- **You will be medicated for this procedure so you must have a friend or family member drive you home. They must stay during procedure and recovery time.**
- **You will not be allowed to drive or ride in a cab! If someone does not accompany you, you will be cancelled and rescheduled for another day.**
- If you take **Coumadin**, please call our office for special instructions.
- Please check with your insurance company to ensure coverage and that you have met all referral requirements.

### 7 days before the procedure

- Date: __________

- STOP foods with Olestra (usually found in fat-free products).
- Arrange a ride home, if not already done.

### 5 days before the procedure

- Date: __________

- STOP eating foods with seeds, nuts and whole grains.
- STOP eating corn and popcorn.
- Do not take iron supplements, Vitamin E or Fish oil (Omega 3/ Flax seed oil/ Cod liver oil).

### 3 days before the procedure

- Date: __________

- STOP Aspirin and anti-inflammatory medications (Aleve, Advil, Motrin, Ibuprofen, NSAIDS, Naproxen, Excedrin, Bufferin, Plavix, Celebrex, etc).
- Tylenol is okay to take.
- Confirm your ride.
- If you need to cancel your appointment, call our office at 703-368-6819
- Review the diet you need to follow for the next 2 days.

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**THE DAY BEFORE PROCEDURE**

- Date: __________

- When you wake up, first mix Pouch A and Pouch B into the disposable container. Add lukewarm water to the top line of the container. Shake and refrigerate. (Follow our instructions, not those printed on the Movi-Prep box)
- **Start a strict, clear liquid diet. – NO SOLIDS!** No dairy or dairy products. A clear liquid diet can include: Water, sparkling water, apple juice, white grape juice, iced tea, hot tea, Gatorade, sodas-any kind, black coffee (no cream or milk), 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 have only CLEAR LIQUIDS, as noted 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.

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**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.
- After you have completed the second container of solution, **DO NOT EAT OR DRINK ANYTHING, INCLUDING WATER, UNTIL YOUR PROCEDURE IS DONE.** (Also, no chewing gum, no candy and no smoking the day of your procedure.)
- If you take blood pressure or anxiety medicines, you may take these with a small sip of water.
- **The Surgery Center will call you the afternoon prior to your procedure to give you an arrival time.**
  - 8644 Sudley Road, Suite 201 (Second Floor)
  - Manassas, VA 20110
- Someone should stay with you for 24 hours.

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**ABSOLUTELY NOTHING to eat or drink, including water, for the 6 hours before your procedure. (This also includes NO chewing gum and NO candy.)**

If you have any questions, call (703) 368-6819.

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03/2013