Preparation Instructions For Colonoscopy with Movi-Prep
In Our Gainesville Endoscopy Suite

Appointment Date: ____________________
Appointment Time: ____________________

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

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 571-248-0653
- Review the diet you need to follow for the next 2 days.

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.

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.
- Please arrive at the Endoscopy Suite at: ________________
  7915 Lake Manassas Dr., Suite 302, Gainesville, VA
  - Someone should stay with you for 24 hours.

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 (571) 248-0653.

03/2013