

# Movi Preparation for a Colonoscopy

## COLONOSCOPY:

In order to achieve an accurate evaluation of your lower gastrointestinal (GI) tract, it is important that you properly prepare for the procedure. Doctors are able to obtain the clearest view of the bowel when it is flushed completely free of waste material. The thoroughness of this intestinal cleaning depends on you. Without your cooperation, the examination cannot accomplish its purpose and may have to be repeated.

## Five (5) Days Before Procedure:

- DO NOT DRINK ALCOHOL FOR (5) DAYS PRIOR TO YOUR PROCEDURE.
- DO NOT take any aspirin or ibuprofen products. Tylenol (acetaminophen) is allowed.
- Stop taking anticoagulants or blood thinners such as: Coumadin, Naprosyn, Nuprin, Persantine, Plavix, Relafen, Rufen.

## Day Before Procedure:

- You will need to follow a clear liquid/high sodium diet throughout the day. Items include: clear juices without pulp, clear soda, chicken or beef broth, popsicles, Jell-O, tea, coffee, etc. If you are diabetic, drink regular (non-diet) liquids in moderation throughout the day. Avoid dairy, juice products and dark colored liquids with red, purple, and blue dye.
- **STEP 1:** At 6:00 PM empty one Pouch A and one Pouch B into the disposable container. Add lukewarm drinking water to the top line of the container. Mix to dissolve. Refrigerate solution prior to drinking. The reconstituted solution should be used within 24 hours.
- **STEP 2:** The MoviPrep container is divided by 4 marks. Every 15 min, drink the solution down to the next mark (approximately 8oz), until the full liter is consumed. Drink 16 oz of clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep.
- **STEP 3:** At 10:00 PM repeat Step 1.
- **STEP 4:** Repeat Step 2.
- You may continue to have clear liquids until bedtime.
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.**

## Day of Procedure:

- Take any currently prescribed heart or blood pressure medications with a sip of water.
- If you are diabetic, you can take your medications the day before the procedure. If you are insulin dependent, you can take a 1/2 dose the evening before the procedure. **DO NOT** take medications the day of the procedure.
- You may have clear liquids until 7:30 AM **ONLY IF YOUR PROCEDURE IS SCHEDULED AFTER 1:30 PM.**
- Plan on being at the facility for approximately 2 hours.
- A driver must accompany you to drive you home after your procedure. You will be sedated for your colonoscopy and will be drowsy for several hours after the procedure. You may not drive or work for 12 hours after the procedure.
- **YOU WILL NOT BE ALLOWED TO DRIVE OR TAKE A CAB.**

Procedure Date: \_\_\_\_\_ Check-In Time: \_\_\_\_\_

Location: \_\_\_\_\_ **TEXAS HEALTH HARRIS METHODIST H.E.B. HOSPITAL**  
1600 Hospital Pkwy Bedford, TX 76022  
(Go to the Admissions Desk in the Main Lobby)

\_\_\_\_\_ **DIGESTIVE HEALTH CENTER OF BEDFORD**  
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