

## Bowel Preparation for Colonoscopy With MoviPrep

Colonoscopy is a routine, generally safe procedure used to examine the colon.

- 1 Make arrangements to have someone drive you home after the procedure
- 2 Follow your physician's instructions regarding medicines to avoid and diet to follow before your procedure
- 3 Finish the entire bowel prep regimen as described here

Please do not have aspirin, Advil, Motrin or other "NSAID" drugs for seven days prior to the procedure without contacting us or your primary care doctor first. If you are a diabetic, hold off on any diabetes pills until the test is over. If you take insulin, please contact your doctor for instructions. If you are on Plavix or coumadin, please contact your doctor prior to the exam. Otherwise, please take all of your other medications "as usual."

On the day before the procedure, you may have a light breakfast and lunch before 1 PM. Please have only clear liquids (if you can see letters through it, its clear!) after that. **Please do not eat or drink anything on the day of the exam except for your medications with a sip of water.**

### Patient Instructions—

The MoviPrep carton contains 4 pouches and a disposable container for mixing. You must complete the entire prep to ensure the most effective cleansing.

### Beginning at: 6 PM or when you get home from work.

#### STEP 1

Mix First Dose: Empty 1 Pouch A and 1 Pouch B into the disposable container. Add lukewarm drinking water to the top line of the container. Mix to dissolve.



#### STEP 2

Drink First Dose

- The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz), until the full liter is consumed
- Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep. If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.

### Beginning at 11 PM

#### STEP 3

Mix second dose (exactly like mixing the first dose)

#### STEP 4

Drink Second Dose

- The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz), until the full liter is consumed
- Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep. If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.



Clear liquids include water, ginger ale, apple juice, Gatorade\*, lemonade, and broth. No red or purple liquids

A colonoscopy prep causes the body to lose a significant amount of fluid and can result in sickness due to dehydration. It's important that you prepare your body by drinking extra clear liquids before the prep. Stay hydrated by drinking all required clear liquids during the prep. Replenish your system by drinking clear liquids after returning home from your colonoscopy.

If you have any questions, please call our office at 212-362-6468 (email [ibreite@westsidedoctors.com](mailto:ibreite@westsidedoctors.com) for medical questions...[aalfano@westsidedoctors.com](mailto:aalfano@westsidedoctors.com) for scheduling or other issues)

**BE AT YOUR PROCEDURE 1/2 BEFORE THE SCHEDULED TIME: Eastside Endoscopy. 380 2nd Avenue New York, NY 10010 - (212) 375-1065 (Second Ave at 22nd Street)**

