

MOVI-PREP SOLUTION
BOWEL PREPARATION FOR **COLONOSCOPY AFTER 10:00AM**

These instructions have been prepared to help you understand the procedure for cleansing the colon (large intestine). A thorough examination depends on your colon being carefully cleansed and emptied. Stool remaining in the colon can obscure important details, resulting in the exam having to be repeated at another time.

Your Colonoscopy Appointment is on (date) _____ at (time) _____ at (location) _____

READ THIS ENTIRE INSTRUCTION SHEET

On The Day Before Your Colonoscopy:

1. **Be sure you have arranged a driver who will stay with you and drive you home. Please inform your driver this will take about 2 hours.**
2. **NO FOOD** on the day before your procedure. Follow the clear liquid dietary instructions. (See clear liquid list at right.)
3. At **6:00 PM**, mix 1 "Pouch A" and 1 "Pouch B" into the disposable container. Add lukewarm water to the top line of the container. Mix. **If preferred, mix ahead of time and cool slightly in refrigerator.** Drink one glassful (8 oz.) every 5-10 minutes, or as fast as tolerated, **until the container is gone.** The prep often works within 30-60 minutes. Remain close to the toilet, as multiple bowel movements will occur. **Do not add any product as this may alter the quality of the prep.**
4. Within the next hour, drink at least 16 oz of water. Continue clear liquids listed on the right hand side of this sheet.
5. After completing this portion of the preparation, continue the **CLEAR LIQUID** diet.

On The Morning of Your Colonoscopy:

1. **NO FOOD.** You may continue the clear liquid diet. At _____ **AM, which is 5 hours prior to your procedure**, follow the same instructions as the previous night to mix the prep solution, once again remaining close to the toilet as multiple bowel movements will occur.
2. Within the next hour, drink at least 16oz of water. Continue clear liquids listed on the right hand side of this sheet.
3. After completing the preparation, you may continue the **CLEAR LIQUID** diet until **3 hours** before your colonoscopy appointment. After that nothing by mouth until after your exam.
4. You should be passing clear or light yellow fluid.
5. If you regularly take medications in the morning, take it at least **3 hours** before your colonoscopy, with a small amount of water.

*****If you are unable to complete this preparation call the number listed on the right side of the sheet.*****

Medications You Need to Cleanse the Bowel:

- "Preparation Solution" (Movi-Prep solution, 1 carton).
- ✓ Your "Preparation Solution" prescription has been sent electronically to your pharmacy unless otherwise mentioned.
- ✓ **ONLY FOLLOW THE DIGESTIVE HEALTH SPECIALISTS INSTRUCTION SHEET (DO NOT FOLLOW THE DIETARY INSTRUCTIONS GIVEN BY THE PHARMACY)**

Clear Liquid Diet List: *(Any liquid that is clear enough to read print through it.)*

- Clear fruit juices without pulp (apple, white grape)
- Water, tea or black coffee
- Low sodium **CLEAR** broths
- Jell-O™ – lemon, lime or orange, without topping or fruits
- Popsicles™
- Kool-aid™, Tang™, Crystal Light™, Gatorade™, soda pop
- **NO FOOD, NO FRUIT PIECES, NO PULP, NO RED FLAVORS OR DYES**
- **NO ALCOHOL**

Some Suggestions While Prepping At Home:

- You may experience chills. Dress warmly. (socks, robe, blanket)
- Walking around the house may help get the prep working.
- Drinking from a straw may be helpful.
- If you experience **nausea or vomiting**, stop drinking for 1 hour and then start again at a slower rate. Drink each glass in 10-20 minutes, resting 10 minutes between each glass.
- Be patient, the prep solution rarely fails. Most patients have a bowel movement within 30-60 minutes, but it may take up to **two hours**.

24-Hour Phone Line:

Tacoma: 253-272-5127 • Federal Way: 253-838-9839
Puyallup, Downtown: 253-841-3933 • Gig Harbor: 253-858-0112
Puyallup, Sunrise at South Hill: 253-770-3700

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