

## INSTRUCTIONS FOR COLONOSCOPY MOVI PREP

**If you are taking medications (including aspirin-containing products), iron supplements or Pepto-Bismol, consult your physician for additional instructions prior to beginning this procedure.**

1. **If you are a diabetic and are taking insulin or oral medications, please do not take it on the day of the procedure.**
2. **Do not take any blood thinner such as Coumadin, or any aspirin-containing product for at least 5 days prior to your procedure. Consult with your physician prior to discontinuing medication.**
3. **Take all other medication unless instructed otherwise by the physician. Take with a sip of water.**
4. **Obtain the following from your pharmacist:                    1. Movi-prep   2. Magnesium Citrate**

**Clear Liquid Diet:** This includes strained fruit juices without pulp (apple, white grape, lemonade), water, sprite, 7 up, clear chicken / beef broth or bouillon, Gatorades or jello's (no red or purple) and tea or coffee (without milk sugars or non-dairy creamer).

5. **One day Prior to the procedure: Date:\_\_\_\_\_**  
(Clear liquid diet for breakfast, lunch and dinner)
  - a) 9:00 a.m. Take one bottle of Magnesium Citrate.
  - b) 6:00 p.m. Take full-dose of Movi-prep (mixed with either water, **sprite** or **7up**)
    - Take the first liter of Movi-Prep solution over one hour (one 8 oz glass every 15 minutes)

\*In addition, take 1 liter (approx 32 oz) of additional clear liquid during the evening before the colonoscopy.\*

### **DO NOT EAT OR DRINK AFTER MIDNIGHT**

(except for the Movi-Prep)

6. Day of procedure: Date \_\_\_\_\_

- a) **6 hours before procedure:**  Take the second liter of Movi-Prep solution over one hour.

**Procedure Time:** \_\_\_\_\_

**Arrival Time:** \_\_\_\_\_

## Instructions for Colonoscopy Movi- Prep

A colonoscopy is a valuable test for detailed evaluation of your colon. During the colonoscopy, your physician looks at the inside of your colon by using a thin flexible telescope. Preparation before colonoscopy is very important for a safe and good quality examination. Your colon must be completely empty and clean. The following instructions (prep) will help you complete this task. If your colon is not empty and clean, the physician will not be able to clearly see inside your colon using the scope, the physician then might abort the procedure before completion and ask you to repeat the prep and procedure at a later day.

1. If you are taking iron supplements, please hold it for 5 days prior to this procedure.
2. If you are a diabetic and are taking insulin or oral medication, please do not take it on the day of the procedure.
3. Do not take any blood thinner, such as Coumadin, Plavix, or ticlid for at least 5-7 days prior to your procedure as instructed. However, you must **CONSULT YOUR PHYSICIAN PRIOR TO DISCONTINUING YOUR MEDICATION.**
4. Take all other medications **EVEN ON THE DAY OF THE PROCEDURE** unless instructed otherwise by the physician. Take with a sip of water.
5. Obtain the Movi-Prep and Magnesium Citrate from your pharmacist.
6. **You must pre-register through the outpatient dept. of the facility.**

**You must complete all steps of the prep; even if stool is clear prior to completion. If not, it may result in procedure being stopped and rescheduled. If you have any questions about these instructions, or the procedure, please do not hesitate to contact our office directly at 713-910-7779.**

### **Rescheduling or Cancellation Policy:**

Should you need to reschedule or cancel your procedure, do not call the facility; you only need to notify our office (713-910-7779) at least 3 business days prior to the procedure. No show, canceling or rescheduling the procedure in the last 24 business hours will incur a **\$100.00** charge.