

THE ENDOSCOPY CENTER, PLLC

4660 KENMORE AVENUE, SUITE 810 ALEXANDRIA, VA 22304 PHONE (703) 823-0333 FAX (703) 823-8611

PREPARATION FOR COLONOSCOPY USING MOVIPREP

Patient name: _____ Location: The Endoscopy Center, Suite 810 Alexandria Hospital

Please read the following information regarding medications:

- If applicable, TAKE ALL BLOOD PRESSURE AND HEART MEDICATIONS ON THE MORNING OF YOUR PROCEDURE with the smallest sip of water possible.
- If you are taking aspirin, blood thinners or iron supplements please **STOP** taking these medications **3 days before the procedure**.
- If you have diabetes, you may continue to take your medication (pills and/or insulin) until the day before your procedure. Please DO NOT take your medication on the day of your procedure. Make sure you bring your medication with you to your appointment and you may take it after the procedure is finished.

Step 1: Please Purchase MoviPrep at any Pharmacy

Step 2: The Day before the procedure: _____

PLEASE DO NOT EAT ANYTHING SOLID THE DAY BEFORE THE PROCEDURE

IMPORTANT! For the entire day before your exam you cannot eat anything solid. AVOID bread, rice, pasta, fruit, vegetables and meat. You can only have creamy milk products like milk, yogurt (any flavor, but no fruit-on- the- bottom), pudding (any flavor except tapioca or rice), ice cream (any flavor without cookie, candy or fruit bits), or milkshakes (Please DO NOT add whey or protein powder). You can have eggs, Jell-O, hard candy, popsicles, and also clear liquids. Clear liquids include: water, coffee, tea, milk, soda, chicken and beef broth. You must have these items before 5:00pm because after that, you will be taking the preparations and clear liquids only. **After 5:00pm drink only clear liquids.**

Step 3: Mix the first liter of MoviPrep as instructed and refrigerate. This can be done up to 24 hours in advance. Make sure the powder is fully mixed with the water. SHAKE WELL.

Step 4: At 5 pm begin taking the first liter of MoviPrep. Drink 8oz every 15 minutes until the entire liter is consumed. You may notice some bloating or cramping at the beginning of the prep; but this usually improves once the diarrhea begins. Occasionally, some may develop nausea with vomiting. The best remedy for this is to take a break from MoviPrep for about 15-20 minutes to allow it to move downstream, and then to resume drinking at a slower rate. Many have found that drinking the prep through a straw and chilling the solution improves tolerance. Be sure to continue drinking clear liquids as it will help to keep you hydrated and will increase the prep's effectiveness.

After you have finished the first liter, begin to prepare the 2nd liter following the same instructions found in **Step 3**.

Step 5: At 9 pm begin drinking the 2nd liter of MoviPrep following the same instructions found in **Step 4**

You may continue to drink clear liquids until MIDNIGHT.

AFTER MIDNIGHT DO NOT EAT OR DRINK ANYTHING, INCLUDING WATER

The day of the procedure: _____

SINCE YOU WILL BE GIVEN IV ANESTHESIA, YOU MUST HAVE A RESPONSIBLE ADULT TO DRIVE YOU HOME. NO TAXIS ARE PERMITTED AND DRIVING IS PROHIBITED FOR THE REST OF YOUR PROCEDURE DAY.

DO NOT EAT OR DRINK ANYTHING, INCLUDING WATER, THE DAY OF YOUR PROCEDURE.

PLEASE CHECK IN AT _____ AM/PM YOUR PROCEDURE WILL BEGIN AT _____ AM/PM

Please do not wear nail polish on your fingers on the day of your procedure

Have your driver pick you up in the Endoscopy Center suite 810 / Alexandria hospital

Do NOT bring any valuables to your procedure as we cannot be responsible if they are lost or stolen

Please note for Endoscopy Center Parking:

If your procedure is before 8 am, please park in the garage-Level A. This is the only way to access our building. Elevators are operational after 6:45 am and can be accessed from the parking garage. If the elevator will not go to the 8th floor, follow the instructions in the elevator that explain how to get in touch with the service that will allow access to the 8th floor.

Please note for Alexandria Hospital Parking:

You will need to check into the visitors entrance and enter the left door for the Endoscopy Suite. If your procedure check-in time is 7 am please do not arrive any earlier as the Endoscopy Suite does not open before 7 am.