

Split-Dose MoviPrep Instructions for Colonoscopies

___ Dr. Bernstein ___ Dr. Larson ___ Dr. Nguyen ___ Dr. Palascak

I. ONE WEEK BEFORE PROCEDURE:

- **Stop** Plavix, and iron
- **No** seeds, nuts or foods containing seeds or nuts

II. FIVE DAYS BEFORE PROCEDURE:

- **Stop** Coumadin and Vitamin E

III. DAY BEFORE PROCEDURE:

- **Stop** NSAIDS (e.g. Aleve, Naproxen, Motrin, Advil, and Ibuprofen)
Tylenol is OK
- Begin your clear liquid diet at breakfast:
Water, apple juice, white cranberry/grape juice, clear Gatorade, herbal tea, Jell-o, clear broth/bouillon, coffee, or Sprite
NO RED OR PURPLE FLUIDS! NO SOLID FOODS, ALCOHOL, OR DAIRY PRODUCTS!
- First Regimen: Prepare your MoviPrep solution by combining Pouch A and Pouch B into the disposable container provided. Add lukewarm water to the top line of the container. Mix and refrigerate.
- Have a clear liquid lunch.
- At **4 p.m.** begin drinking the MoviPrep solution: The container is divided by 4 marks. **EVERY 10-15 MINUTES**, drink the solution in 8 oz. intervals until the container is empty.
- In addition, drink at least 16 oz. of clear liquid

IV. DAY OF PROCEDURE:

- Repeat First Regimen above. **Three hours** before arrival time, begin drinking the MoviPrep solution as described above.
- In addition, drink at least 16 oz. of clear liquid.
- Stop all liquids two hours prior to arrival time.
- Arrange for someone to take you AND to drive you home (no taxi, walking, or bicycling).
- Your procedure is scheduled at:

Allow **3 hours** to be spent at the hospital for the entire procedure

V. OTHER IMPORTANT INFORMATION:

- No driving the day of the procedure
- Do not use any power equipment the day of the procedure
- Do not wear perfume the day of the procedure

IF YOU HAVE ANY QUESTIONS please contact our office at **831-460-7350**

Please give at least two weeks notice if cancelling a procedure