

# MoviPrep Instructions for Colonoscopies

\_\_\_ Dr. Bernstein \_\_\_ Dr. Larson \_\_\_ Dr. Nguyen \_\_\_ Dr. Palascak

## I. ONE WEEK BEFORE PROCEDURE:

- **Stop** aspirin, 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, or Sprite (**no coffee or black tea**)  
**NO RED OR PURPLE FLUIDS! NO SOLID FOODS, ALCOHOL, OR DAIRY PRODUCTS!**
- Regimen: Prepare your MoviPrep solution by combining one (1) Pouch A and one (1) Pouch B into the disposable container provided. Add lukewarm water to the top line of the container. Mix, transfer to another container and refrigerate. Repeat process for second Pouch A and second Pouch B.
- Have a clear liquid lunch.
- At **4:00pm** begin drinking the MoviPrep solution: The container is divided by 4 marks. **EVERY 10-15 MINUTES**, drink the solution in 8 oz intervals until both containers are empty.
- In addition, drink at least 32 oz of clear liquid

## IV. DAY OF PROCEDURE:

- Stop all liquids 2 hours prior to arrival time.
- Arrange for someone to take you AND to drive you home (no taxi, walking, or bicycling).
- 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\**