

# Colonoscopy Preparation Instructions with MoviPrep



**IMPORTANT:** Not following the instructions below may result in your procedure being cancelled and rescheduled.

1. Eating solid foods the day before your procedure may result in a suboptimal procedure.
2. **No eating or drinking anything 3 hours prior to the procedure** or your procedure will be delayed until the end of the day.
3. You need a **responsible adult age 18+** with a valid unrestricted driver's license to take you home. You are not permitted to take a taxi, bus, or service like Uber.
4. Follow **ONLY** the instructions given by your gastroenterologist or on this instruction sheet. **DO NOT follow instructions from any other source, including the instructions on your prep bottle/box.**
5. If a polyp is removed, we recommend no international travel for 2 weeks after your **colonoscopy** procedure. This is due to the potential risk of bleeding if large polyps are removed. Notify your gastroenterologist if you're planning to travel internationally.
6. **A successful prep is when your bowel movement is a clear yellow liquid.**

## Seven (7) days before your procedure:

### STOP:

1. Aspirin unless prescribed by a physician
2. NSAIDS including: Ibuprofen (Motrin, Advil), Naproxen (Aleve, Naprosyn), and similar medications
3. All seeds, nuts, popcorn, Iron supplements.

**In the event you have taken any of the above, please stop taking them and let your physician know on the day of your procedure.**

### OKAY/APPROVED:

1. Any regular medications (especially blood pressure and/or cardiac medications)
2. Acetaminophen (Tylenol)
3. Foods such as meat (chicken, pork, beef), fish, tofu, white bread, white rice, noodles, yogurt, fruits and vegetables (remove skin and seeds), pasta, eggs, pancakes, cheese and dairy products

**You will receive additional instructions, guided by your prescribing physician, if you are taking:**

- ▶ Blood thinner medications such as Warfarin (Coumadin), Heparin, Lovenox, Plavix, Aggrenox, Ticlid, Pradaxa
- ▶ Diabetes medications

## The ENTIRE day before your procedure:

### STOP (in addition to above):

1. Any solid food
2. Dairy Products
3. Alcohol

### OKAY/APPROVED:

1. Any regular medications (especially blood pressure and/or cardiac medications and acetaminophen (Tylenol))
2. Water and clear liquids including:  
**Juices:** apple, white grape, white cranberry, lemonade  
**Broth:** chicken, beef or vegetable  
**Soda:** 7-Up, Coke  
**Other:** black coffee, tea, popsicles, jello, sports drinks

## 6 PM the day before your procedure:

- ▶ Mix the MoviPrep solution (one pouch A and one pouch B) with water in the provided one liter container. Every 10-15 minutes drink 8 oz of the solution (one hour total).
- ▶ Drink an additional 16-32 oz of clear liquids.

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## The day of your procedure:

- ▶ Continue your clear liquid diet from when you wake up in the morning.
- ▶ Make sure to drink clear liquids throughout the day to keep yourself well hydrated.
- ▶ Take your regularly prescribed morning medications (with a small sip of water) unless instructed otherwise.

## 5 hours before your scheduled procedure time:

- ▶ Mix and drink the second dose of MoviPrep solution (one pouch A and one pouch B) as you did previously. Drink the second dose of MoviPrep solution.
- ▶ Drink an additional 16-32 oz of clear liquids.

## 3 hours before your scheduled procedure time:

- ▶ No eating or drinking until after your procedure or your procedure will be delayed until the end of the day.
- ▶ A successful prep is when your bowel movement is a clear yellow liquid. **If you have any problems with your prep after hours (it doesn't work, or you throw it up, etc.) please call the gastroenterologist on call.**

\*\*\* Make sure to drink clear liquids throughout the day to keep yourself well hydrated.

**\* Questions during business hours of 8am to 5:30 pm?** Please call the GI Scheduler line for your appointment center below:

**San Carlos:** (888)729-1890    **Palo Alto:** (888)729-1890    **Fremont:** (510)498-2148    **Mountain View:** (650)934-7554

**\* Questions after business hours?** Select the option to speak to an operator at your appointment center and ask for GI Doctor on call:

**San Carlos:** (650)596-4130    **Palo Alto:** (650) 853-2972    **Fremont:** (510)498-2395    **Mountain View:** (650)934-7575

Facility: *(Scheduler please circle procedure location)*

**Surgery Center San Carlos**  
301 Industrial Rd,  
San Carlos, CA 94070  
**(First Floor)**

**Surgery Center of Palo Alto**  
795 El Camino Real  
Palo Alto, CA 94301  
**(Jamplis Building, Level A)**

**Surgery Center Fremont**  
3120 Kearney St  
Fremont, CA 94538  
**(First Floor)**

**Surgery Center Mountain View**  
701 E. El Camino Real  
Mountain View, CA 94040  
**(Level 1)**

\*\*\* PLEASE CALL YOUR PHYSICIANS OFFICE AT LEAST 7 DAYS PRIOR TO YOUR PROCEDURE IF YOU NEED TO CANCEL OR RESCHEDULE. \*\*\*

Appointment Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_ AM/PM

Doctor: \_\_\_\_\_

Procedure Time: \_\_\_\_\_ AM/PM