

Colonoscopy Prep: MoviPrep®



Appointment Date:	Appointment Time:	Location:
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If you have any problems completing the instructions, call SEARHC Surgery Clinic at 907.966.8366.

Please Follow All Instructions Carefully

On the day of your colonoscopy, your colon must be clean on the inside and you must have a ride home following the procedure. An unclean colon can result in your test being rescheduled, missed lesions, increased procedure time and a potential increase in complication rates. Bring a list of all of your current medications with you and let your doctor know if you have diabetes, kidney problems or might be pregnant.

7 Days Before Your Colonoscopy

If you are taking any medication that affects blood clotting, you may have to adjust 3-7 days before the test. Be sure to check what medications you should take with your regular doctor.

Examples of prescription blood thinners include Agrylin® (anagrelide), Coumadin® (warfarin), Plavix® (clopidogrel), Ticlid® (ticlopidine), Xarelto® (rivaroxaban), Pradaxa® (dabigatran), Effient® (prasugrel), Lovenox® (enoxaparin) and over-the-counter medications including Ecotrin®/aspirin and other NSAIDS: Advil®/ibuprofen, Motrin® and Aleve®.

3 Days Before Your Colonoscopy

- Stop eating any nuts, seeds, corn or popcorn.
- Purchase a variety of clear liquids. (No red, blue or purple flavors.) Clear liquids mean that you can see through them.
 - Gatorade®, Pedialyte® or Powerade®
 - Clear broth or bouillon
 - Coffee or tea (no milk or creamer)
 - Carbonated and non-carbonated soft drinks, Kool-Aid® or other fruit-flavored drinks
 - Strained fruit juices (no pulp) like apple or white grape
 - Jell-O®, popsicles and hard candy

2 Days Before Your Colonoscopy

- Drink 8 glasses of water or other clear liquids during the day to avoid dehydration.
- STOP eating all solid foods at noon.
- START your clear liquid diet. (No red, blue or purple flavors.)

The Day Before Your Colonoscopy

- You will receive your prescription for the prep at your surgery clinic appointment.
- START THE PREP on this page and follow instructions closely. Your doctor may add other oral laxatives to be used with your prep.
- Brand names include Dulcolax®, Citroma®, Citrate of Magnesia and LiquiPrep®.

The Day of Your Colonoscopy

- Unless your doctor tells you otherwise, you will usually take your morning medication with a sip of water up to 2 hours before your colonoscopy. Diabetic patients will need to adjust their medication as directed.
- You will receive sedation and will require an escort to drive you home.

Directions for Taking MoviPrep®

Two-day “Split Dose” Method

Dose #1:

- Take at 5:00 p.m. the evening before the colonoscopy.
- Drink one 8-ounce glass of the solution every 15 minutes for a total of 4 glasses.
- Drink 16-ounces of additional clear liquid over 15 minutes.

Dose #2:

- Take the next morning, 3 hours before the colonoscopy.
- Drink one 8-ounce glass of the solution every 15 minutes for a total of 4 glasses.
- Drink an additional 16-ounces of water over 15 minutes.

During the prep: It is important that you replace fluids and prevent dehydration by drinking large amounts of clear liquids until midnight the night before your procedure.

Helpful Tips

- Stay near a toilet, as you will have diarrhea. Ideally, your bowel movements will become either yellow or clear liquid after a complete prep.
 - Side effects of some preps include nausea, abdominal pain, bloating, vomiting, thirst, dizziness and dehydration. If you feel nauseous or vomit, take a 30-minute break, rinse your mouth and then continue drinking your prep. If you throw up your bowel prep, just try your best to drink as much bowel prep as you can tolerate and report for your colonoscopy as scheduled. Be sure to alert your doctor that you could not tolerate your entire bowel prep.
 - Feeling some abdominal cramping is normal.
 - Petroleum jelly (Vaseline®) around the anus or using baby wipes may decrease skin irritation.
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