

## **MoviPrep® Preparation for COLONOSCOPY**

1. Purchase Simethicone (Mylicon or Gas-X) drops or pills (small package: child or infant formula is OK), and four bisacodyl tablets (such as Dulcolax™) when you pick up your MoviPrep prescription.
2. **Call Trinity Center** if you take medication for **diabetes or heart disease, have an implanted defibrillator, or weigh more than 260 lb (118 kg), or have glucose-6-phosphate-dehydrogenase (G-6-PD) deficiency. Stop Plavix at least five days, and Coumadin (warfarin) four days**, before the exam. It is preferable to stop aspirin-containing medication and St. John's Wort five days before the exam unless you have a cardiac stent or have had a prior stroke or heart attack.
3. For **2 days before** the colonoscopy, do not eat rice, corn, lentils, peas, beans or nuts. **On the day before the colonoscopy**, eat nothing solid, but drink plenty of liquids. Jell-O, sherbet, and milk products are fine but not if colored red or purple. **Take all** of your **usual medications** on the day before the colonoscopy except \_\_\_\_\_ and as listed in step 2.
4. **At 1 PM on the day prior to the exam**, take four bisacodyl tablets. You should begin having bowel movements within 4 hours.
5. Empty the contents of one Pouch A and one Pouch B into the bottle in the kit, or a clean 1 liter/quart bottle and fill to the top line with ordinary water. Mix to dissolve all granules. Add a dropperful of the simethicone. If you bought simethicone tablets, take one when you start drinking the liquid (step 6). You may refrigerate the solution, but don't add ice. In the same way, prepare a **second bottle** for use on the morning of the procedure if your test is scheduled for after 11:30 AM, or later in the evening the day before for earlier appointments.
6. After having the first bowel movement, begin to drink 8 oz. of the solution every 15 minutes. **If you have not had a bowel movement within 4 hours after taking the tablets**, begin drinking the solution four hours after taking the tablets. In either situation, you must drink all of the solution. You will begin to have watery bowel movements 1 hour after starting the solution. They will stop within two hours after finishing the solution.
7. If your appointment is scheduled:
  - a) **Before 11:30 AM**, drink the second bottle of solution starting at 9 PM the night before the colonoscopy.
  - b) **For noon or later**, at **6 AM** on the day of the colonoscopy, take the second liter of the MoviPrep solution by drinking 8 oz. every 15 minutes.
8. If your colonoscopy is scheduled for the morning, you should have nothing to eat or drink after midnight except **please take your usual medications** for blood pressure, asthma, heart or thyroid conditions to avoid cancellation of your test. **Please re-read instruction 8 now!**
9. If your colonoscopy is scheduled for the afternoon, you may drink **clear** liquids until 4 hours before your colonoscopy, but must not eat or drink anything else. **You should take all of your usual morning medications** for blood pressure, asthma, heart or thyroid conditions. **Please re-read instruction 9 now.** **Clear** liquids mean that you can see through them, and without particles as in orange juice.
10. Come to the 2<sup>nd</sup> floor of 111 Broadway in **Manhattan**, on \_\_\_\_\_ at \_\_\_\_\_ M. Please bring your **insurance cards, forms you received from my office** (if this will be your first visit) and this sheet.
11. Plan to spend about 90 minutes in my office. The colonoscopy itself will take about 20 minutes. You should not drive, work, or operate machinery, tools or kitchen appliances for the rest of the day. **You must arrange for someone to take you home.** Your escort only needs to be available to pick you up. You will be able to call your escort. Without an escort, you will not be able to receive anesthesia, so your exam **may be canceled**. In the event a **polyp** is removed, you will have a ten day restriction on exercise and travel, so **plan accordingly**.
12. If you have any questions, **please** do not hesitate to **call**.