

# Prep #1

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### Preparation for Colonoscopy with MoviPrep

You are scheduled to have a colonoscopy on \_\_\_\_\_ at \_\_\_\_\_.

- 1.) You must fill your prescription for MoviPrep at the pharmacy a few days before your procedure (colonoscopy).
- 2.) **VERY IMPORTANT: You must maintain a clear liquid diet the ENTIRE day (NO SOLID FOOD)!** Also, please do not eat any corn, nuts, or food with seeds 5 days before the procedure. Other products to stay away from the day before the procedure are dairy products, orange juice, yogurt, or anything RED in color. You may have: Clear Broth (NO noodles, meat, or vegetables), clear juice or clear soda such as (apple juice, white grape juice, lemonade, Gatorade, ginger ale, 7-Up, water), green or yellow Jell-O, popsicles, coffee or tea (NO milk or cream; you may add sugar, honey or lemon).
- 3.) Prepare the MoviPrep Mixture in the morning on the day prior to the exam for the evening dose. Empty 1 Pouch A and 1 Pouch B into the disposable container. Add lukewarm drinking water to the top line of the container. Mix to dissolve and refrigerate.
- 4.) **At 4:00 PM on the day prior to the exam:**
  - The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz), until the full liter is complete. Drink ALL of the mixture.
  - Drink 16 oz of the clear liquid of your choice.
  - Prepare the MoviPrep Mixture for 2nd evening dose. Empty 1 Pouch A and 1 Pouch B into the disposable container. Add lukewarm drinking water to the top line of the container. Mix to dissolve and refrigerate. Add ice to chill faster.
- 5.) **At 8:00 PM on the day prior to the exam:**
  - The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz), until the full liter is complete. Drink ALL of the mixture.
  - Drink 16 oz of the clear liquid of your choice.
- 6.) **You may drink clear liquids until midnight. Do not eat or drink anything after midnight. (Including water)**
- 7.) Come to the 2<sup>nd</sup> floor of 111 Broadway in Manhattan.
- 8.) Plan to spend about 90 minutes at the office. The colonoscopy itself will take about 20 minutes. You should not plan to drive, work, or operate machinery, tools or kitchen appliances for the rest of the day. **You must arrange for someone to take you home after the examination.** 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.**
- 9.) If you have any questions, please do not hesitate to call.

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