GASTROENTEROLOGY ASSOCIATES, INC.
INDIANAPOLIS, INDIANA

COLONOSCOPY PREPARATION: *MoviPrep*

READ ALL THESE INSTRUCTIONS AT LEAST 2 DAYS PRIOR TO YOUR APPOINTMENT TO BECOME FAMILIAR WITH THE INSTRUCTIONS. **YOU MUST BE ACCOMPANIED BY A DRIVER FOR THIS EXAM; A TAXI OR BUS ARE NOT ACCEPTABLE.**

Purchase at the pharmacy: MoviPrep as per your prescription. Follow directions in the package regarding how to mix Pouch A and Pouch B. Mix only one Pouch A and Pouch B in the container provided; this will be for the first half of the prep. The second Pouch A and Pouch B will be mixed in the same container after you finish the first half of the prep.

THE DAY BEFORE YOUR COLONOSCOPY

1. Clear Liquid diet (see list) beginning at breakfast. Drink plenty of fluids throughout the day to stay hydrated and improve your results. **No solid food may be consumed.**
2. **At 5PM**: The MoviPrep container is divided by 4 marks. Every 15 minutes drink the solution down to the next mark (approximately 8 ounces), until the full liter is complete (it should take only about an hour). When complete, drink an additional 16 ounces of any clear liquid of choice.
3. Mix the 2nd Pouch A and Pouch B in the same container for the next half of the prep and refrigerate.
4. **IF YOUR COLONOSCOPY APPOINTMENT IS 10AM OR EARLIER: Start at 8PM** and finish the MoviPrep just as you did in step 2 above. Follow the directions in step 2 exactly.
5. **IF YOUR COLONOSCOPY APPOINTMENT IS AFTER 10AM**: **Start 4-6 hours *before you leave* for your colonoscopy appointment** finish the MoviPrep just as you did in step 2 above. Follow the directions in step 2 exactly.
6. You can continue to consume a clear liquid diet until **4 HOURS** prior to your appointment time unless instructed otherwise.

To reduce anal discomfort from diarrhea, it is recommended you place a small amount of Vaseline (petroleum jelly) around the anus before diarrhea begins, and reapply periodically.

List for Clear Liquid Diet (avoid red or purple colors):
Jell-O (plain, without fruit), clear Soda-pop, Apple Juice, Coffee or tea without milk or cream, Kool-aid, Popsicles, Crystal Light, Broth, Lemonade, Hard Candy (ie, mints, lemon drops, LifeSavers).

Medication Restrictions:

Warfarin, Coumadin, Jantoven, Aspirin, Plavix, or Aggrenox: Last dose 4 days before your appointment date unless told otherwise by our office. This must be discussed with your doctor.
Stop the following at least 4 days before your appointment date: Advil, Aleve, Motrin, ibuprofen, naproxen, or other similar aspirin-containing or anti-inflammatory arthritis/pain medicines.
Oral Diabetes Medications and Insulins: You must call your family doctor or diabetes doctor for instructions on how to adjust your diabetes medications the day before and the day of your test.
Other heart, blood pressure, or asthma/COPD medications: Take as usual.

Questions? Call us! East Office 355-1144 or North Office 578-2600