

## Colonoscopy

### MOVI PREP PREPARATION

#### READ IMMEDIATELY

From a pharmacy purchase your MOVI prep prescription.

**Four (4) days** prior to your procedure **avoid**: salads, raw fruits, nuts, raw vegetables and seeds.

If you are a **DIABETIC** or on **blood thinners** (e.g. Coumadin, Plavix), contact our office for specific instructions. If you take aspirin, you may continue to take it. **Stop iron supplements** at least 5 days before the procedure. Take all other medications as usual, including *blood pressure* medications.

#### DAY BEFORE PROCEDURE

**CLEAR LIQUIDS ONLY!** No solid food is allowed until after your procedure is completed. You may take your medications. Examples of clear liquids: water, carbonated beverages, strained fruit juices, coffee, tea, broth, bouillon, gelatin. **Nothing red in color.** No milk products, alcoholic beverages, hard candy or gum.

Movi prep, **mix 1** pouch of **A** and **B** together into the disposable container. Add lukewarm water to top line to dissolve powder. (You may chill the solution if you desire.)

**1:00 pm the day before**, begin drinking the Movi prep. The 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 empty.

**Drink an extra 16 oz** of clear liquids of your choice after you complete the above. (Repeat step 6 at this time if you would like your solution chilled.)

Mix second pouch of **A** and **B** together into the disposable container. Add lukewarm water to top line to dissolve powder. (You may chill the solution if you desire.)

**5:00 pm the day before**, begin drinking the Movi prep. The 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 empty. You may drink clear liquids up until 5 hours before your procedure, then nothing more to eat or drink before your procedure.

**If you feel nauseous or bloated, you may stop drinking the solution, drink some clear broth or tea, and wait for the feeling to pass, begin drinking the solution again. YOU MUST DRINK THE WHOLE BOTTLE!!**

\*\*\*\*\* Any questions please call (585) 720-1550. \*\*\*\*\*