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MOVIPREP:

Date of Colonoscopy: _____ Approximate Arrival Time: _____

THE DAY BEFORE YOUR COLONOSCOPY

Drink only **CLEAR** liquids for breakfast, lunch and dinner. You may drink liquids all day, but **NO SOLIDS OR DAIRY PRODUCTS**.

EXAMPLES: Water, Coffee, Tea, (No Milk or Powdered Creamer), Bouillon, Clear Broth, Clear Fruit Juices (No Pulp), White Grape Juice, Apple Juice, White Cranberry, Clear Soda Drinks-Ginger-Ale, 7-Up, Sprite, Coke or Pepsi. Sports Drinks such as Gatorade, Power-aid, Vitamin Water, Smart Water. Jell-O is acceptable, Kool Aid, or Popsicles (**NO RED OR PURPLE COLORS**). Orange Juice (No Pulp).

*****NO ASPIRIN OR BLOOD THINNERS 10 DAYS BEFORE COLONOSCOPY*****

Do not eat or drink anything the day of your colonoscopy. You **MAY** take your morning medications, but only with a sip of water. (Heart, Blood Pressure, Stomach, Thyroid, and Seizure Medications.)

DIABETICS – DO NOT TAKE YOUR INSULIN OR DIABETIC MEDICATION THE MORNING OF YOUR PROCEDURE, BRING IT TO THE HOSPITAL WITH YOU.

You must have someone drive you and stay at the hospital during your procedure. You cannot drive for 12 hours after this procedure. If you do not have someone to drive you home after this procedure, the Colonoscopy will not be done. Please leave all jewelry and valuables at home.

REPORT TO **HENRY FORD MACOMB HOSPITAL** UNLESS YOU ARE DIRECTED TO GO TO **UTICA SURGERY CENTER**.

MOVIPREP-PATIENT INSTRUCTIONS

1. Obtain MOVIPREP bowel kit from the pharmacy. You will need a prescription for this.
2. Begin the clear liquids for breakfast, lunch and dinner for one day before the exam. (See above for examples)
3. In the morning, on the day BEFORE the exam, add lukewarm water to the tip of the line on the MOVIEPREP bottle. Add the first packets A and B. Shake to dissolve the powder. Place this first dose in the refrigerator. **(The colder the solution the better the better the taste).**

FIRST DOSE:

Step 1. Starting at approx. 3pm begin to drink the first dose (packet A and B, water) of MOVIEPREP solution.

Step 2. Drink 1 glass(8oz) every 15 minutes until all the contents have been consumed. Rapid drinking is preferred. It will take approximately 1 hour to drink the solution. Prep is best to drink with a straw. When finished with step 2 mix the next dose of the MOVIPREP and place in refrigerator.

Step 3. 2 Hours after first dose of prep, drink an additional 2 (8oz) glasses of clear fluid of your choice.

SECOND DOSE:

Step 1. 4 hours after first dose of prep begin to drink the next dose (packet A, B and Water) of MOVIPREP.

Step 2. Drink 1 (8oz) glass every 15 minutes until all the contents have been consumed. Rapid drinking is preferred. It will take approximately 1 hour to drink the solution.

Step 3. Drink an additional 2 (8oz) glasses of clear fluid before bed. If you do not drink the extra fluid it will affect the prep.

DURING THE PREP YOU LOSE 3 LITERS OF FLUID. IT IS VERY IMPORTANT TO KEEP HYDRATED

If in need of additional information, the prep directions are available on the Salix website, www.salix.com. Go to products then to MOVIPREP and finally play video.

PLEASE DO NOT USE IF SENSITIVE TO ASPARTAME