

## COLONOSCOPY INSTRUCTIONS USING MOVIPREP

**Please read all of the instructions ahead of time so you are adequately prepared for this procedure.**

You have been scheduled for a colonoscopy. This is an examination of your large intestine (colon). A long flexible tube (colonoscope) will be inserted into your rectum and passed through your colon. Your colon will be examined in detail. Additional procedures may be performed, such as taking tissue samples (biopsy) and removing polyps (polypectomy).

**Please read all of the instructions ahead of time so you are adequately prepared for this procedure.**

- **At Least 2 days before your procedure:**

**1)** Pick up your **MoviPrep®** kit from the Womack pharmacy. (M-F 0800-2000 and Weekends 0800-1600).

**2)** Take Pre- Admission paperwork to the Patient Administration Department (PAD), located near the Reilly Road entrance of Womack across from the gift/flower shop on the main floor.

- An adult **must** accompany you to your procedure, remain in the hospital during your procedure, and drive you home. Your appointment **will be rescheduled** if you arrive without a ride. (Person must be 18 years or older).

- Females less than 50 years of age who have not had a tubal ligation, partial or complete hysterectomy must have a pregnancy test performed at Womack's laboratory or assigned Fort Bragg clinic no more than 72 hours prior to the procedure. This is a hospital policy; there are **NO exceptions**. Lab hours are M-F 0730-1630. If your pregnancy test is late or not done, your procedure **will be** rescheduled.

### **DAY PRIOR TO COLONOSCOPY:**

**You may have CLEAR LIQUIDS ONLY** the day of your bowel prep. Do **NOT** eat solid food on the day of your bowel prep. To help prevent dehydration, it is important to drink plenty of clear liquids (8 ounces per hour) on the day of your bowel prep.

#### **Clear Liquids include:**

Water, tea or coffee without any dairy products or non-dairy creamer  
Soft Drinks- Ginger Ale, Root Beer, Sprite, 7-Up, Mountain Dew, etc.....  
Clear Broths- Beef, Chicken, Seafood or Vegetable Broth  
Desserts- Popsicles, Italian ice, Jell-O without fruit (**NO DAIRY**)

**AVOID** red, blue, purple, pink, and green colored liquids

**Do not eat fruits, vegetables, nuts or seeds for 5 days prior to your procedure.**

### **SPECIAL INSTRUCTIONS:**

On the morning of your procedure, you can have nothing by mouth including water, gum, or hard candy after **05:30 AM or 10:30AM**. If you do eat, your procedure will be postponed or rescheduled.

Please **take your blood pressure medication** the morning of your procedure. All medications must be taken before the indicated time above.

**Do NOT** wear jewelry, lotion, or contacts the day of your procedure. Please wear comfortable clothing and shoes to your procedure.

Name:

DOB:

Procedure Date:

Arrival Time:

Location: 2<sup>nd</sup> floor Clinic Mall

### WAMC Gastroenterology Clinic



Phone #: 907-7808

Hours: M-F 7:30AM-4:30PM

# COLONOSCOPY INSTRUCTIONS USING MOVIPREP

**MoviPrep** is a laxative that cleans out your colon before a colonoscopy. The **MoviPrep** kit contains 2 packages and a mixing container. Each package contains 1 pouch A and 1 pouch B. Following the instructions below, you will use all 4 pouches to complete your prep. **You must complete the entire prep to ensure the most effective cleansing. It is important you follow your physician's instructions regarding consumption of clear liquids before your colonoscopy. See reverse side for clear liquid recommendations.**

## INSTRUCTIONS FOR MIXING YOUR MOVIPREP SOLUTION

1. Empty 1 pouch A and 1 pouch B into the disposable container.
2. Add lukewarm water to the top line of the container. Mix to dissolve. If you prefer, the solution can be refrigerated before drinking. The solution should be used within 24 hours.

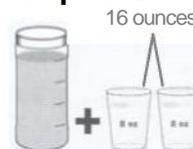
### Steps 1 and 2



## FIRST DOSING REGIMEN Date: \_\_\_\_\_ Start time 6:00 PM

3. 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. You may start going to the bathroom after only a couple of glasses, but be sure to drink **ALL** of the solution.
4. Drink an additional 16 ounces of the acceptable clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep.
5. Prepare the second container of **MoviPrep** by repeating steps 1 and 2.

### Steps 3 and 4



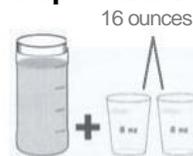
### Step 5



## SECOND DOSING REGIMEN Date \_\_\_\_\_ Start time 01:00AM or 07:00AM

6. 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.
7. Drink an additional 16 ounces of the acceptable clear liquid of your choice. You may start going to the bathroom after only a couple of glasses, but be sure to drink **ALL** of the solution.
8. **Make an effort to drink additional clear liquids until 05:30 AM or 10:30AM.** At that point, it is important that you do not consume anything until after your colonoscopy.

### Steps 6 and 7



You can expect your first bowel movement as soon as 30 minutes after starting your prep. Frequent bowel movements can cause anal tenderness. **Use baby wipes** to clean and soothe the area after each bowel movement.

Things to do:

- \_\_\_ Pick up MoviPrep medication from the Womack Pharmacy
- \_\_\_ Register with Patient Administration (located near the Reilly Road entrance, main floor)
- \_\_\_ Pregnancy test must be done within 72 hours of the procedure, as applicable

Womack 1st Floor Map

