



Valley Gastroenterology & Four Seasons Endoscopy Center


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Patient Preparation Instructions for Colonoscopy using MoviPrep®

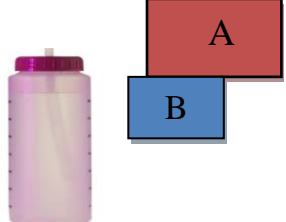
5-days before your exam, DO NOT eat NUTS, SEEDS, POPCORN, CORN OR SKINS OF RAW FRUIT OR VEGETABLES. ALSO STOP IRON SUPPLEMENTS 5 DAYS PRIOR. (MULTIVITAMIN WITH IRON MAY BE CONTINUED)


On the day before the exam, _____, you are allowed **CLEAR LIQUIDS ONLY.** DO NOT have any SOLID FOOD, CREAM or MILK products.

Between 5 & 6 PM THE DAY BEFORE YOUR TEST

Step 1	Drink one 10 oz. bottle of citrate of magnesia. (Purchase over-the-counter)	
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Between 7 and 8 PM THE DAY BEFORE YOUR TEST

Step 2	<ul style="list-style-type: none"> Empty one pouch labeled A & one pouch labeled B into the disposable container. Add lukewarm drinking water to the top line of the container. Mix to dissolve. <p><i>If preferred, you may mix the solution ahead of time and refrigerate. The solution must be used within 24 hours.</i></p>	
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Step 3	<ul style="list-style-type: none"> The MoviPrep container is divided by 4 marks. Every 15 minutes, drink another 4th of the solution down to the next mark until the full liter is consumed. Drink 16-oz (2-cups) of clear liquids. This is a necessary step to ensure that you are hydrated and the prep is effective. 	
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Beginning at exactly _____ AM THE MORNING OF YOUR TEST

REPEAT Steps 2&3	<i>Repeat Steps 2 & 3</i>
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Fasting Time: _____ AM PM
Arrival Time: _____ AM PM
Procedure Time: _____ AM PM

What's considered a "clear liquid"? A clear liquid is any beverage you can see through. Please avoid red or purple colored liquids. Sugar, sweetener and lemon are allowed. No cream, milk or pulpy juices are permitted.

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|--------------|-----------|----------------|----------------------|------------|
| Fruit juices | popsicle | Powerade | broth(beef, chicken) | Pedialyte |
| coffee/tea | Gatorade | Jell-O (plain) | sugar/honey,sweetner | hard candy |
| 7-Up, Sprite | Kool-aid® | lemonade | water | |

To help prevent dehydration, it is important to drink plenty of clear liquids before, during, and after the colon-prep process. We recommend that you have at least 20-oz of Gatorade during the preparation period.

You are not permitted to have alcoholic beverages 24 hours before or after the procedure.

You may have clear liquids up until 4 hours before the exam. Then complete fasting (Nothing in your mouth --no food, drink (not even water) no gum or mints).

The morning of the procedure, take your Heart, seizure, breathing and blood pressure medications with a few sips of water.