

One-Day Prep For Your Colonoscopy

It is important to follow these instructions exactly as written. If your colon is not completely cleaned out the doctor will not be able to see and you may have to repeat the prep and procedure another time.

Procedure date and time: _____.

For 7 days prior to the procedure: Avoid eating seeds, nuts, corn, roughage (lettuce, vegetables, bran cereals, etc), or fiber. **DO NOT TAKE METAMUCIL or CITRUCEL.**

What to Buy:

- Take your Movi Prep prescription to your pharmacy and have it filled a few days prior to your exam.



The day before your procedure:

- **DO NOT EAT ANY SOLID FOOD.**
- You will be on a clear liquid diet all day long.
- Drink large volumes of clear liquids throughout the day to avoid dehydration and ensure a good prep.
- In the morning mix the first dose (liter) of Movi-Prep and refrigerate. (Most patients find the taste is better when refrigerated)

You MAY HAVE:

- Water, tea, black coffee (you may add sweeteners but **NO MILK OR NON-DAIRY CREAMER.**)
- Soft drinks-Ginger Ale, Sprite, 7-Up, Gatorade, and Kool-Aid. **NO RED OR PURPLE DYES.**
- Strained fruit juice without pulp- apple juice, white grape juice, lemonade
- Low sodium chicken, beef, or vegetable broth/bouillon
- Hard candy, Jello-O (lemon or lime), **NO FRUIT TOPPINGS, Popsicles NO SHERBERTS OR FRUIT BARS.**

At 4:00 PM Begin drinking the first dose(liter) of Movi Prep. Drink 8 ounces every 15 minutes until you have finished the first dose (liter).

- Many patients report that it is helpful to use a straw to drink the liquid, You may also put a piece of hard candy in your mouth while drinking to help with the flavor.
- When you are done with the 1st dose(liter) of Movi Prep drink 16 ounces of clear liquid of your choice over the next hour.
- When you are done drinking your first dose(liter) of Movi Prep be sure to mix the second dose(liter) of Movi Prep and refrigerate.

At 9:00 PM Begin drinking the second dose(liter) of Movi Prep. Drink 8 ounces every 15 minutes until you have finished the second dose(liter).

- When you are done with the second dose(liter) of Movi Prep drink 16 ounces of clear liquid of your choice over the next hour.
- You may continue to have clear liquids(see above list) until 3 hours before your scheduled procedure time.

Diabetic Patients:

- On the day before your procedure:
- On the morning of your procedure **DO NOT** take any insulin or diabetic medications.

Patients on Blood Thinners:

- Please take your last dose of _____ on _____.



The caring staff at our Endoscopy Center will make you comfortable.

OVER FOR MORE INSTRUCTIONS

Please leave your valuables at home. If you do bring a purse, have the family member or friend who will be driving you home keep it for you during your procedure.

It tends to be cold in our office, so we encourage you to wear a thick pair of socks to keep warm.

YOU CANNOT DRIVE YOURSELF HOME!

You will be taken in a wheelchair to your car and someone must drive you home. The medication you will have received makes driving dangerous and illegal. We cannot legally release you to drive. You will not be able to drive for the rest of the day.