



# Digestive Care Center

## General Procedure Instructions

Read and follow these instructions closely. Failure to follow them will result in your procedure being **cancelled or rescheduled** to a different day. These instructions are for your safety. Failure to follow them could cause severe complications, resulting in **HOSPITALIZATION or even DEATH**.

**\*\*DO NOT DRINK ANYTHING FOR FOUR (4) HOURS BEFORE YOUR SCHEDULED PROCEDURE START TIME. THIS EVEN INCLUDES CHEWING GUM, MINTS, OR SMALL AMOUNTS OF WATER AND MEDICATIONS.\***

**\*\*NO TOBACCO PRODUCTS SIX (6) HOURS BEFORE YOUR SCHEDULED PROCEDURE START TIME.\*\***

**\*\*Avoid CBD Oil and Marijuana use 24 hours prior to your procedure.**

**\*\*Please notify us** if you are taking any **blood thinning** medications, (ex: Coumadin, Plavix, Aggrenox, Xarelto, Eliquis, Pletal, Pradaxa, etc.) or Diabetic Medication.

**Do NOT** take any of the following medications for **SEVEN (7) days** prior to your procedure:

1. Iron medications or supplements (e.g. Fermalox, Niferex, Ferrous Sulfate), or vitamins containing iron
2. Any fiber supplements such as Metamucil, Citrucel, Konsyl

**DO:**

1. Call the facility where you will have your procedure with any questions regarding your medications or preparation instructions.
2. **Have an adult (18+) accompany you to the procedure. He/she MUST stay at the center the entire time you are there to be available for any emergencies and because some of the medication you will receive will impair your ability to drive.**
3. If you are having a colonoscopy, follow the prep instructions carefully and completely.
4. If you are having an upper endoscopy (EGD), begin a clear liquid diet at 11:00 PM the night before your procedure.
5. Stay hydrated by drinking plenty of clear liquids up to your four hour cutoff point.
6. Brush your teeth, but do not swallow water or toothpaste.
7. Check with the physician managing your medications regarding options for temporarily stopping any blood thinning medications or diabetic medications.
8. Take your normal dose of blood pressure, heart, or seizure medications. If, you should take medication the morning of your procedure, take it **at least four (4) hours prior to your procedure**.
9. Arrive for your procedure as directed. Your arrival time will be approximately one hour before your procedure begins. However, if your procedure is scheduled for 7:00am or 7:30am, please be aware that our office does not open until 6:30am. You do not need to arrive before 6:30am.
10. Because each case is different, many factors determine what time your procedure will actually begin. Please remain patient. We will do our best to accommodate you in a timely manner.



# Digestive Care Center

## MoviPrep® Colonoscopy Prep Instructions

Pick up your prescription that was filled at your preferred pharmacy.

### One week before your procedure do NOT eat:

Strawberries	Caraway seeds (rye bread)	Pineapple	Tomatoes
Chili or kidney beans	Lettuce	Popcorn	Corn
Olean products	Breads with sesame seeds	Red/orange Jell-O	Oranges
Fruit or vegetable skin/seeds	Peas	Grapefruit	Nuts

You may eat any food not listed above, including fruits and vegetables that are peeled and have the seeds removed.

The day before your procedure, consume a light breakfast, lunch, and dinner before 5:00 pm.

You may **only** have the following low fiber foods:

<b>Breakfast:</b>	Two (2) eggs, fried or boiled    two (2) slices wheat bread/toast    smooth peanut butter Yogurt with no fruit    30g low-fat, mild cheese
<b>Lunch:</b>	½ cup cooked white rice    chicken or turkey lunch meats    smooth peanut butter Two (2) slices wheat bread    saltine crackers
<b>Dinner:</b>	30 g low-fat, mild cheese    two (2) eggs, fried/boiled    1 cup Jell-O ½ cup milk, yogurt, or pudding

### At 5:00 pm, you MUST start a clear liquid diet, limited only to:

Fat-free broth or bouillon	Ginger ale	Iced tea
Coffee with NO creamer	Kool-aid	Soft Drinks (i.e. Coke, Sprite, Pepsi)
Hi-C	Clearfruit juices	Plain gelatin desserts

**\*\*Please avoid liquids containing RED, PURPLE, or, ORANGE dyes. \*\*NO milk, orange juice, or tomato juice.**

1. **At 6:00 pm**, start the first half of the MoviPrep. Empty one (1) Pouch A and one (1) Pouch B into the disposable container. Add lukewarm drinking water to the top line of the container. Mix to dissolve. (If preferred, mix ahead of time and refrigerate. The solution should be used within 24 hours.)
2. The MoviPrep container is divided by four marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz) until the full liter is consumed. Also drink 16 oz of the clear liquid of your choice to stay hydrated and assist the prep.

### Five Hours Before Your Procedure:

1. Complete the MoviPrep. Empty one (1) Pouch A and one (1) Pouch B into the disposable container. Add lukewarm drinking water to the top line of the container. Mix to dissolve. (If preferred, mix ahead of time and refrigerate. The solution should be used within 24 hours.) The MoviPrep container is divided by four marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz) until the full liter is consumed.
2. Drink as much clear liquid as you can until 4 hours before your procedure to prevent dehydration.

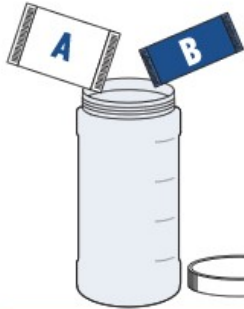
**Do NOT consume anything 4 hours before your procedure.**



# Digestive Care Center

## THE EVENING BEFORE THE PROCEDURE BEGINNING AT: 6:00 PM

### Step 1: Mix the first dose



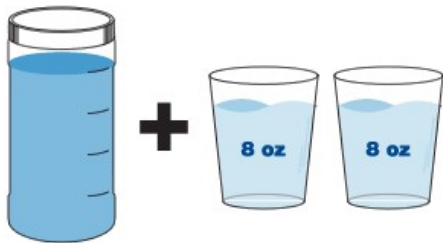
At the time instructed by your doctor

- Empty 1 pouch A and 1 pouch B into the disposable container
- Add lukewarm drinking water to the top line of the container. Mix to dissolve

**If preferred, mix solution ahead of time and refrigerate prior to drinking.** The reconstituted solution should be used within 24 hours.

Some people also prefer to drink Moviprep with a straw.

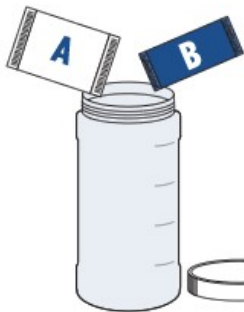
### Step 2: Drink the first dose



- The Moviprep 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 consumed
- Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep

## THE MORNING OF THE PROCEDURE

### Step 3: Mix the second dose



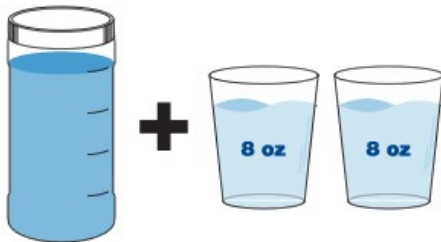
At the time instructed by your doctor

- Empty 1 pouch A and 1 pouch B into the disposable container
- Add lukewarm drinking water to the top line of the container. Mix to dissolve

**If preferred, mix solution ahead of time and refrigerate prior to drinking.** The reconstituted solution should be used within 24 hours.

Some people also prefer to drink Moviprep with a straw.

### Step 4: Drink the second dose



- The Moviprep 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 consumed
- Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep

**Your body loses significant amounts of fluid during bowel preparation. In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids. Make a conscious effort to drink as much as you can before, during, and after your procedure.**