

Preparation instructions for Colonoscopy – Moviprep (Follow only these instructions given by the GI Department)

5 days before your colonoscopy	The day before your colonoscopy	The day before your colonoscopy <i>(continued)</i>	The day of your colonoscopy
<p>Read all prep instructions.</p> <p>Contact your prescribing physician for instructions on dosage of blood thinners.</p> <p>Stop herbal, oil-based vitamins and iron supplements.</p> <p>Stop all fiber supplements such as Metamucil, Citrucel, Fibercon, Benefiber and Konsyl.</p> <p>Discontinue all medicines that stop diarrhea such as Imodium, Kaopectate and Pepto Bismol.</p> <p>Avoid salads or high fiber foods including nuts, seeds and popcorn.</p> <p>Avoid hard fruits and hard vegetables.</p> <p>Arrange for a driver to take you home after the procedure.</p>	<p>TAKE ONLY CLEAR LIQUIDS ALL DAY / NO SOLID FOOD / NO ALCOHOL</p> <p>Drink at least 8oz. of clear liquid every hour while awake.</p> <p>Take 2 Bisacodyl (Dulcolax) tablets with 8oz. of a clear liquid anytime during the day.</p> <p>To prepare Moviprep solution:</p> <ul style="list-style-type: none"> • Empty (1) pouch A and (1) pouch B into container. • Add lukewarm water to the top of the container. • Stir powder until dissolved • Refrigerate <p>If your arrival time is BEFORE 12 NOON the day of your colonoscopy, begin drinking first container of Moviprep the day before as early as 12 Noon and as late as 6 pm if working. Drink 8oz every 15-30 minutes until container is empty. If you are too full or have nausea/vomiting, stop for 20-30 minutes, and then start again.</p>	<p>After finishing the second container of Moviprep, YOU MUST drink 16oz of any clear liquid of your choice.</p> <hr/> <p>If your arrival time is After 12 NOON the day of your colonoscopy, start at 6 pm the evening before and drink the first container of Moviprep at a rate of 8oz every 15-30 minutes until container is empty.</p> <p>After finishing solution, YOU MUST drink 16oz of clear liquid of your choice.</p> <p>Prepare a second container of Moviprep as described and refrigerate.</p> <p>Then at 5 am on the day of your colonoscopy, drink second container of Moviprep at a rate of 8oz every 15-30 minutes until container is empty.</p>	<p>NO SOLID FOOD NO ALCOHOL</p> <p>YOU MUST take your morning heart, blood pressure, asthma and/or seizure medications with a small sip of water.</p> <p>PLEASE STOP ALL LIQUIDS 4 HOURS BEFORE YOUR APPOINTMENT.</p> <p>NO GUM OR BREATH MINTS!</p> <p>After the procedure, you may eat your usual diet unless otherwise instructed.</p>
<p>2 days before your colonoscopy</p> <p>List all current medications and bring list with you the day of your procedure.</p> <p>Obtain Bowel Prep from your pharmacy and over the counter Bisacodyl Laxative tablets (such as Dulcolax). You will need 2 tablets</p> <p>Obtain clear liquids to consume on Prep Day (NO RED OR PURPLE).</p>	<p>After finishing solution, YOU MUST drink 16oz of clear liquid of your choice.</p> <p>Prepare a second container of Moviprep as described above and refrigerate.</p> <p>Then at 8 pm the evening before your colonoscopy, drink second container of Moviprep at a rate of 8oz every 15-30 minutes until container is empty.</p>	<p>After finishing the solution, YOU MUST drink 16oz of water and finish drinking 4 hours prior to your arrival time.</p>	

NOTE: You must take ALL of the PREP solution, as directed to clean your bowel adequately.

Even if you are passing clear liquid you must continue to take the entire dose of the prep.
If you think the prep is not working, after 4:30 p.m. call Cooper University Hospital (856.342.2000) and ask for the Gastroenterology Fellow on call. During regular business hours Monday-Friday, 8 a.m.-4:30 p.m., call Cooper University Hospital @ 856.342.2047 or Cooper Digestive Health Institute @ 856.380.7750. For Salem patients, call 856.339.6040.