Moviprep Instructions

Colon cancer is the second leading cause of death from cancer. Colonoscopy is the best test to screen for colon polyps and colon cancer. In order for your doctor to see colon polyps and cancer during your procedure, your colon must be clean. If your colon is not clean your doctor may not be able to complete your test. An incomplete exam may require a repeat colonoscopy. Please read and follow these instructions carefully.

7 DAYS BEFORE YOUR PROCEDURE

<table>
<thead>
<tr>
<th>STOP taking these medicines:</th>
<th>Keep taking:</th>
<th>If you are taking Plavix (clopidogrel), Heparin, Lovenox (enoxaparin), coumadin (warfarin) or other blood thinner please ask your doctor when you should stop taking this medicine.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ibuprofen</td>
<td>Aspirin</td>
<td><strong>Stop taking these medicines:</strong> Ibuprofen, Motrin, Celebrex, Advil, Salsalate, Naprosyn, Piroxicam, Alka seltzer, Pepto Bismol, Herbal supplements.</td>
</tr>
<tr>
<td>Celebrex</td>
<td>Heart medicines</td>
<td><strong>Keep taking:</strong> Aspirin, Heart medicines, Seizure medicines, Depression medicines, Anti-viral medicines.</td>
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<tr>
<td>Salsalate</td>
<td>Naprosyn</td>
<td><strong>Keep taking:</strong> Aspirin, Heart medicines, Seizure medicines, Depression medicines, Anti-viral medicines.</td>
</tr>
<tr>
<td>Piroxicam</td>
<td>Aleve</td>
<td><strong>Keep taking:</strong> Aspirin, Heart medicines, Seizure medicines, Depression medicines, Anti-viral medicines.</td>
</tr>
<tr>
<td>Ginko Biloba</td>
<td>Alka seltzer</td>
<td><strong>Keep taking:</strong> Aspirin, Heart medicines, Seizure medicines, Depression medicines, Anti-viral medicines.</td>
</tr>
<tr>
<td>Pepto Bismol</td>
<td>Iron</td>
<td><strong>Keep taking:</strong> Aspirin, Heart medicines, Seizure medicines, Depression medicines, Anti-viral medicines.</td>
</tr>
<tr>
<td>Herbal supplements</td>
<td>Fish oil</td>
<td><strong>Keep taking:</strong> Aspirin, Heart medicines, Seizure medicines, Depression medicines, Anti-viral medicines.</td>
</tr>
</tbody>
</table>

3 DAYS BEFORE YOUR PROCEDURE

- Do not eat any nuts, corn, seeds or foods that contain seeds such as blackberries.
- Make sure you have filled your MoviPrep prescription
- Buy 4 DULCOLAX (Biscodyl) tablets at your local grocery or drug store

THE DAY BEFORE YOUR PROCEDURE

**DO NOT EAT ANYTHING.** Drink 8-16 glasses of water or clear liquids only (liquids you can see through).

**Things you can drink:**

- Sprite, 7up, Ginger ale, Pepsi, Coca Cola, Root Beer, Dr. Pepper
- Apple juice, white cranberry juice, white grape juice
- Crystal Light yellow lemonade, yellow or green Gatorade, yellow jello
- Clear beef broth and clear chicken broth
- Plain coffee and tea, with sugar if desired

**Things NOT to drink:**

- Red, orange, blue or purple liquids.
• Alcohol, milk, fruit juice or vegetable juice with pulp, tomato juice or orange juice.

THE DAY BEFORE YOUR PROCEDURE

Directions for colonoscopy prep:

1. Take 4 DULCOLAX (Biscodyl) tablets at 4PM.
2. At 4PM empty 1 Pouch A and 1 Pouch B into the disposable container. Add drinking water to the top line of the container. Mix to dissolve. Refrigerate (you can mix solution and refrigerate up to 24 hours in advance). At 5 PM begin drinking the MoviPrep solution as described in step 3.
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 consumed. Then drink 16 ounces of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep.
4. At 9PM empty 1 Pouch A and 1 Pouch B into the disposable container. Add drinking water to the top line of the container. Mix to dissolve. Begin drinking the MoviPrep as described in step 3.
5. If you get sick to your stomach, drink small sips of Coca Cola between glasses of MoviPrep.
6. You still cannot eat anything until after you have had your colonoscopy.
7. Do not drink anything after midnight.

WARNING: Moviprep may cause vomiting or stomach cramps. You may have chills, hot flashes, dizziness and in rare cases fainting.

DRINK ALL OF THE Moviprep even if your stool is clear or yellow. If your colon is not clean your doctor may not be able to complete your colonoscopy.

Diabetics - Contact your primary care provider and ask if you need to change your diabetes medicines. You will need to monitor blood sugars more often than usual. Drink plenty of liquids every 1-2 hours. Do not drink diet drinks. You will need sugar drinks since you are not eating.

THE DAY OF YOUR PROCEDURE

• The following medications may be taken the morning of your procedure with water, but NOT food: heart, seizures, depression, and anti-viral medicines.
• Arrive 30 minutes before your appointment time to check-in.
• Do not eat or drink until after you have had your procedure.
• Your driver must take you to check in to your appointment and must give you a ride home. You will be sedated and will be unable to drive until the next day. Taxi, bus, bicycles and walking home are not allowed.
• You may have a co-pay (required by your insurance). For co-pay questions call your insurance provider.
If you cannot make your appointment please call 272-2530 or 925-6000 so we can offer this appointment to another patient.