



Colonoscopy with Moviprep

Please follow these instructions carefully for a safe and successful colonoscopy.

IMPORTANT:

1. Pick up the Moviprep prescription with enough time.
2. You will receive sedation during the procedure. Have someone who can drive and accompany you the day of the colonoscopy.

WHAT YOU NEED: **Moviprep** prescription (sent to your pharmacy the day of appointment).

FIVE (5) DAYS BEFORE THE COLONOSCOPY:

1. STOP THESE MEDICATIONS (Unless instructed otherwise by your doctor):
 - a. Anticoagulants: such as: Warfarin (Coumadin), Eliquis, Xarelto.
 - b. Anti-platelet agents: Plavix (Clopidogrel), Pletal (Cilostazol)
 - c. NSAIDs: Aspirin, Ibuprofen (Motrin, Advil), Celebrex, Relafen, Naproxen.
 - d. Vitamin E and fish oil.
2. Do not eat foods and fruits that are or contain seeds (corn, poppy seeds, nuts). Start a low fiber diet (no salads, oatmeal, etc).

PREPARATION DAY — THE DAY BEFORE THE COLONOSCOPY:

The diet is straightforward - FOLLOW CLEAR LIQUIDS ONLY ALL DAY — NO SOLID FOOD.

Suggestions: Water, Clear beef or chicken or vegetable broth, Apple juice or white grape juice, Gatorade®, Sprite®, 7-Up®, Tea or coffee (NO milk/cream), Jell-O® or popsicles. Avoid: Dairy products, Red or purple liquids. If you have diabetes mellitus, monitor your blood sugar frequently and adjust according to the glucose level.

TAKING THE Moviprep:

1. **STEP 1 — 4:00 PM to 5:00 PM**
 - a. Mix 1 Pouch A and 1 Pouch B into the plastic container. Add cold water to the top line and stir until dissolved.
 - b. The container has 4 marked sections. Every 15 minutes, drink the solution down to the next mark until the entire container is finished.
 - c. Drink 16 oz. of water during the prep to stay well hydrated and ensure an effective bowel preparation.
2. **STEP 2 — 8:00 PM to 9:00 PM**
 - a. Repeat the same instructions above using the remaining Pouch A and Pouch B.

Expected symptoms: Diarrhea, Cramping, Bloating, and sometimes mild nausea.

Helpful tip: Use baby wipes or barrier cream to reduce irritation.

Drink additional fluids to prevent dehydration but stop drinking liquids 5 hours prior to the procedure.

DAY OF EXAMINATION: Take your routine medications (except for blood thinners) the morning of the test with a sip of water.

For questions: call Arizona Advanced Digestive Care at (623) 242-7997.