**Colonoscopy with MoviPrep**

**Your Procedure:**
You are scheduled for a colonoscopy, a procedure in which a doctor examines the lining of your large intestine by looking through a flexible tube called a colonoscope. If growths or other abnormalities are found during the procedure, the doctor may remove the abnormal tissue for closer examination or biopsy.

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### 1 Week Prior
- **Purchase the following:**
  - MoviPrep kit (prescription from Dr.) includes: 1 disposable container, 2 pouches labeled “A” and 2 pouches labeled “B”.
  - Clear liquid of choice, 32 oz (see list for clear liquid choices).
- **Optional – for sore bottom:**
  - Plain or Aloe Baby Wipes
  - Desitin or A&D ointment
- **Arrange** for a responsible adult to stay with you during the procedure and take you home post-procedure.
- If you take fiber supplements or medications containing iron **discontinue** those 7 days before your appointment. This includes multi-vitamins with iron.
- You may **continue** your “baby” aspirin and regular aspirin. Let us know if you are on Plavix, coumadin, or other blood thinners.
- If you have **diabetes** you have been given a Diabetic Prep Sheet.
- **Stop taking these medications:**

### 3 Days Prior
- **Begin low fiber diet.** See handout for details.
- **Stop consuming all high-fiber foods.**
- **Last chance to cancel appointment.** Call your physician’s office at the number below if you need to reschedule your procedure or if you have any questions:

### 2 Days Prior
- **Continue low fiber diet.**
- **Drink at least 4 large glasses of water throughout the day.**

### 1 Day Prior
- **Begin clear liquid diet.** See clear liquid choice handout for suggestions and recipes!
- **Drink at least 4 large glasses of water throughout the day.**

### Procedure Day
- After your prep, the results should appear clear yellow or clear green liquid with no solid matter. If not, please call your doctor at the office or medical exchange.
- **NOTHING by mouth** within 4 hours of scheduled procedure time – including gum, hard candy/mints & NO smoking tobacco, marijuana, or use of e-cigarettes the day of your procedure.
- You may take your essential morning medications with 4 tablespoons (2 oz) of water, 2-4 hours prior to your procedure, unless otherwise directed by your physician.
- **Be sure to bring the following:**
  - Responsible adult driver to stay with you and drive you home. Your procedure will not start without your driver present.
  - Insurance Cards
  - Driver’s License/Photo ID
  - Any co-insurance fees due

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No solid foods after midnight!