

## Department of Medicine Division of Gastroenterology



### Moviprep Bowel Preparation Instructions

You are scheduled to have a colonoscopy on \_\_\_\_\_. Please arrive at \_\_\_\_\_ to the GIDC on the 4<sup>th</sup> floor of the Blaustein Building, adjacent to the main hospital.

- 1) Fill the prescription for Moviprep at your pharmacy.
- 2) Stop taking aspirin, ibuprofen (i.e. Motrin, Advil), naproxen (i.e. Aleve), coumadin, and any arthritis medications seven (7) days before your procedure.

**\*\*\*\*If you are taking Coumadin, Plavix, or anticoagulants, please contact your primary care physician or cardiologist before stopping them.**

Your bowel preparation starts the day before your procedure

- 3) **You may have only clear liquids the entire day before the colonoscopy.** Please see the "Clear Liquid Diet" chart on the reverse of this page
- 4) **At 12 noon** on \_\_\_\_\_, prepare the Moviprep solution. 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 and then refrigerate.
- 5) **At 4 pm** on \_\_\_\_\_, begin drinking the solution. 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 completed (at approximately 5 pm). Now drink 16 oz. of any clear liquid of your choice.
- 6) **At approximately 6 pm**, mix the second dose of the Moviprep pouch and refrigerate. Continue to drink clear liquids all evening.
- 7) **At 10:00 pm**, begin drinking the solution. Every 15 minutes drink the solution down to the next mark (approximately 8 oz.), until the full liter is completed (approximately 1 hour). You may continue with clear liquids until midnight.
- 8) You may take any heart and blood pressure medications with **a sip** of water the morning of the colonoscopy.
- 9) Please make arrangements for someone to take you home after the procedure. You will not be able to drive after your procedure.

The Endoscopy Center/GIDC is located on the 4<sup>th</sup> floor of the Blaustein Building, main hospital. Parking tickets are no longer validated. You must pay to park. If you have any questions, please call the office at 410-601-5392.