

LAXATIVE BOWEL PREPARATION INSTRUCTIONS.

Colonoscopy Date: _____

For this Preparation, you will need:

1. MOVI PREP (Please fill your prescription for MOVI PREP a few days before your procedure.)

If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.

These Instructions are for the day prior to your colonoscopy or surgery.

**IT IS IMPORTANT TO DRINK ONLY CLEAR LIQUIDS THE ENTIRE DAY BEFORE YOUR PROCEDURE.
DO NOT EAT ANY SOLID FOODS AND DO NOT DRINK ANYTHING THAT IS COLORED RED.**

“CLEAR LIQUIDS” INCLUDE:

- **Water**
- **Ice Tea**
- **Lemonade, Apple, or White Grape Juice (No Pulp)**
- **Clear Broth or Bouillon**
- **Decaffeinated Coffee or Tea (no milk or Non dairy Creamer)**
- **Gatorade or other sports drinks (not red or blue)**
- **Kool-Aid or other flavored drinks(not red or blue)**
- **Plain Jell-o or other gelatins with no toppings or fruit added (not red or blue)**
- **Popsicles (not red or blue)**

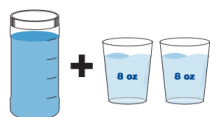
START PREP AT 5PM:



Step 1: Mix the first dose

Empty one pouch A and one pouch B into the disposable container.

Add lukewarm drinking water to the top line of the container; then mix to dissolve.



Step 2: Drink the first dose

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 consumed

Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective preP

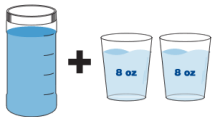
Please turn the page over to complete steps 3 and 4 of the prep

CONTINUE PREP AT 7 PM:



Step 3: Mix the second dose

Empty one pouch A and one pouch B into the disposable container.
Add lukewarm drinking water to the top line of the container; then mix to dissolve.



Step 4: Drink the second dose

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 consumed

Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep

*****NOTHING TO EAT OR DRINK AFTER MIDNIGHT*****

IMPORTANT INSTRUCTIONS FOR THE DAY OF YOUR PROCEDURE:

Do not eat or drink anything for 6 hours before your procedure, including water.

You may take your Blood Pressure and Heart medication, with a small sip of water.

With a doctor's permission, discontinue Coumadin 3 days prior to your procedure.

With a doctor's permission discontinue Aspirin and Plavix 7 days prior to your procedure.

**Someone must accompany you home from the office. You cannot drive until the next Morning.
Any problems with the prep please call office or service at (516) 674-5862.
You must notify the office 48 hours prior if you intend to cancel or reschedule your procedure.
Otherwise, you will be subject to a charge.**