

2-Day MoviPrep Colonoscopy Preparation

Purchase the Following Products:

1. **MOVIPREP** or substitution available from your pharmacy (following mixing instructions provided with product)
2. **Miralax 119 gram/4.1 ounce (7 servings)** over the counter bottle (to be mixed with Gatorade prior to drinking)
3. **Gatorade 32 ounces (NOTHING RED OR PURPLE)** - *Sugar-free drinks (G2, PowerAde Zero, Propel or water) are also options*

IF YOU ARE TO BE SEDATED, A RESPONSIBLE DRIVER MUST REMAIN IN THE FACILITY THROUGHOUT YOUR APPOINTMENT. (~90 minutes total). NO EXCEPTIONS.

Please read all instructions thoroughly.

TWO Days BEFORE Your Exam:

- **STOP** all solid foods. NO SOLID FOOD until after your exam.
- Beginning with a clear liquid breakfast, continue to drink at least 8 glasses (64 oz) of **CLEAR** liquids throughout the day and evening. **Clear liquids include:** Water, sports drinks, black coffee, tea, any soda (light or dark), broth, Jell-O, popsicles, and juice without pulp. **NOTHING RED OR PURPLE.**

The Day BEFORE Your Exam:

- At **9:00 AM**, drink the first half of the MoviPrep solution (MoviPrep 1st A&B packets) or half the container of generic prep over 1-2 hours.
- Continue drinking at least 8 glasses of clear liquids throughout the day and evening to prevent dehydration.
- At **5:30 PM**, drink the second half of the MoviPrep solution (Movi Prep 1st A&B packets) or the last half of generic prep over 1-2 hours.
- A soothing ointment (Desitin, Vaseline) may be applied to the anal area to prevent discomfort and skin breakdown.

The Day of Your Exam:

- **Four (4) hours** before your arrival time, drink the Miralax/Gatorade solution over the next 2 hours
- **NOTHING BY MOUTH FOR 2 HOURS BEFORE YOU ARRIVE!** (This includes water, gum and mints. NOTHING by mouth.)
- Bowel movements should be very watery and yellow or green in color. **CALL US IF STOOLS ARE STILL BROWN!**

Medications:

- **Take all your regularly prescribed medications** at least two (2) hours before you arrive.

Diabetics:

- Test your blood sugar before coming in for your procedure and bring the reading with you.
- If you take oral medication or insulin, **DO NOT** take it the morning of your procedure..
- Please contact the physician that manages your diabetic care if you have any questions regarding your oral medication or insulin dosages.

Blood Thinners:

- If you are taking blood thinners, call your prescribing physician and ask if you may stop taking the medication for the required amount of time prior to your procedure.
- You may continue taking aspirin, ibuprofen and other anti-inflammatory medications.

Bring with you:

- **Your inhaler, if you use one**
- **Your insulin, if you use it**
- Completed registration forms **if you did NOT use online registration**
- **Photo ID and Insurance Card**
- **List of all medications**, vitamins and supplements you are taking (include dosage and last date and time each medication was taken before your arrival)
- **Wear a short-sleeved shirt**

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Arrive at the Endoscopy Center at your scheduled time. Please call us if you have any questions regarding your preparation.

Granite Peaks Endoscopy Center

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