



Southwest Gastroenterology Associates  
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<b>MoviPrep Bowel Prep</b>		
<b>Date:</b>	<b>Time:</b>	<b>Physician:</b>
<b>Location:</b> Lovelace Medical Center Downtown 601 Dr. Martin Luther King Jr Ave NE, Albuquerque, NM 87102		
Please call to confirm appointment 505-999-1606 or 999-1610		

**Follow the instructions below to make sure that your colon is completely clean before your colonoscopy. You will need a driver on the day of your procedure. Please call our office if you have any questions.**

**1 WEEK PRIOR TO YOUR PROCEDURE**

Let us know if you are on any of the following: Plavix, Coumadin, Effient, Eliquis, Pradaxa or Warfarin. Please call your managing provider for instructions on stopping your medication \_\_\_\_\_ days prior to your procedure.

**Stop** taking iron supplements or vitamins with iron, fish oil, krill oil, shark oil supplements as well as fiber.

**Shopping List**

- Pick up your prescription of MoviPrep bowel prep kit at your pharmacy
- Dulcolax (Bisacodyl) Laxative 5mg tablets. (4 tablets)
- Optional for a sore bottom – plain or aloe baby wipes, Desitin, A&D ointment or Vaseline
- Clear liquids

**3 days before your procedure**

**No** fruits, vegetables, or corn. No foods that contain seeds like tomatoes, green chile, sesame seed burns, etc.

You can eat meat, fish, rice, pasta, bread without seeds, peanut butter, eggs, cheese, and cereal.

**2 days before your procedure**

**No** fruits, vegetables, or corn. **No** foods that contain seeds like tomatoes, green chile, sesame seed burns, etc. You can eat meat, fish, rice, pasta, bread without seeds, peanut butter, eggs, cheese, and cereal.

**No** solid foods after midnight

**Confirm** arrangements with your driver.

**1 day before your procedure**

Solid foods, milk, or milk product are **not** allowed. Drink only “clear liquids” for breakfast, lunch, and dinner. **PLEASE AVOID ANY RED OR PURPLE COLORED LIQUIDS.** Please read the labels.

**“CLEAR LIQUIDS” INCLUDE:**

- Strained fruit juice without pulp (apple, white grape, lemonade)
- Water, tea, coffee (without milk or non-dairy creamer)
- Clear broth or chicken, beef or vegetable bouillon
- Plain Jell-O, Popsicles
- Alcohol is not permitted.

**2:00 PM:** take 4 Dulcolax/Bisacodyl tablets.

**5:00 PM:** begin drinking the first dose of MoviPrep solution. Drink 8 oz every 15 minutes.

**9:00 PM:** begin drinking the second dose of the prep solution. Drink 8 oz every 15 minutes.

**Day of procedure**

**Take** you medications at least 2 hours prior to your procedure with a small sip of water only.

**Do not** have anything to eat or drink (no liquids) after midnight the night before your procedure.

**Do not** skip heart, blood pressure or seizure medications.

You will need to bring current insurance information card, picture ID, and copayment.