



<b>Extended MoviPrep</b>	
DATE _____	TIME _____
PROVIDER _____	

**Follow the steps 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 or Pradaxa

Purchase the following:

- Your prescription will be sent to your pharmacy
  - At the pharmacy, purchase Dulcolax (bisacodyl) 5 mg tablets. No prescription is necessary for Dulcolax (bisacodyl).
  - Purchase one bottle of Magnesium Citrate
  - Optional for sore bottom – Plain or Aloe Baby Wipes, Desitin or A&D Ointment
- Discontinue iron supplements or vitamins that contain iron.  
Discontinue fish, krill or shark oil supplements.

**3 DAYS AND 2 DAYS PRIOR TO YOUR PROCEDURE**

No food that contain seeds, like tomatoes, green chile, sesame seed buns, etc.

**2 DAYS PRIOR TO YOUR PROCEDURE**

Drink 1 bottle of Magnesium Citrate at 6:00pm 2 night prior to your procedure.

**1 DAY PRIOR TO YOUR PROCEDURE**

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

“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
- Kool-aid, Gatorade, soda (e.g. Pepsi, Coke, 7-UP) carbonated and non-carbonated soft drinks
- Ensure Clear – a particularly good source of calories and protein which will decrease hunger
- Plain Jell-O (without added fruit or toppings), ice popsicles
- Boost Breeze or Enlive! (nutritional juice drinks with 160 and 300 calories per serving respectively)
- ALCOHOL IS NOT PERMITTED.

**2:00 pm:** Take 4 Dulcolax (Bisacodyl) laxative tablets with 6 - 8 oz. glasses of water.

**Begin First Dose At \_\_\_\_\_ 5:00 p.m. \_\_\_\_\_      Begin Second Dose At \_\_\_\_\_**

STEP 1: MIX DOSE > Empty 1 Pouch A and 1 Pouch B into the disposable container > Add lukewarm drinking water to the top line of the container and mix NOTE: You can mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.

STEP 2: DRINK 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

STEP 3: DRINK CLEAR LIQUIDS > Drink 16 oz. of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep Clear liquids include: water, clear fruit juices without pulp, including apple, white grape, or white cranberry, strained limeade or lemonade, coffee or tea (do not use dairy or non-dairy creamer), clear broth, clear soda, gelatin (without added fruit or topping), and popsicles (without pieces of fruit or fruit pulp).

**Follow steps 1-3 to complete first dose. Repeat steps 1-3 for second dose.**

**THE DAY OF YOUR PROCEDURE**

If your procedure is before 7:00 a.m. please check in at 6:30 a.m. Our office opens at 6:30 a.m.

Do not take anything by mouth for **6 hours** before your arrival time.

Take all your usual medications with a small sip of water at least 2 hours prior to your procedure.

Do not skip heart, blood pressure, or seizure medications

**You will need your current insurance card, picture ID, and copayment.**