



SOUTHWEST  
GASTROENTEROLOGY  
ASSOCIATES, P.C.

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

**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**

**Let us know if you are on any of the following: Plavix, Coumadin, Effient, Pradaxa, Eliquis, Xarelto or other blood thinning medication.**

**Purchase the following:**

- Fill the prescription provided by your doctor for MoviPrep.
- At the pharmacy, purchase Dulcolax (bisacodyl) 5 mg tablets, 4 tablets. No prescription is necessary for Dulcolax (bisacodyl).
- Optional for sore bottom - Plain or Aloe Baby Wipes, Desitin, A&D Ointment or vaseline
- Optional: Ensure Clear – a particularly good source of calories and protein which will decrease hunger (apple or peach flavors available online)
- Optional: Boost Breeze or Enlive! (nutritional juice drinks with 160/300 calories per serving respectively) (available online)
- Discontinue iron supplements or vitamins that contain iron, as well as fiber.
- Discontinue fish, krill or shark oil supplements.

### **3 DAYS PRIOR TO YOUR PROCEDURE**

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

### **2 DAYS PRIOR TO YOUR PROCEDURE**

No solid foods after midnight. Continue fiber diet, confirm driver.

### **1 DAY PRIOR**

**NO solid foods, milk or milk products. 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
- Kool-aid, Gatorade, soda (e.g. Pepsi, Coke, 7-UP) carbonated and non-carbonated soft drinks, Boost Breeze or Ensure Clear
- Plain Jell-O (without added fruit or toppings), ice popsicles
- **Alcohol is not permitted**

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

### **1st DOSE: Start the 1<sup>st</sup> dose of your prep at 5:00 p.m. in the evening**

Empty 1 Pouch A and 1 Pouch B into the disposable container. Add lukewarm water to the top line of the container. Mix and dissolve. If preferred, mix solution ahead of time and refrigerate prior to drinking (but no more than 24 hours prior). 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. Then drink 16 oz. of clear liquids of your choice. *This preparation is designed to cause diarrhea. The goal is to make your stool the consistency and color of urine.*

**2nd DOSE: Start the 2<sup>nd</sup> dose of your prep 8 hours prior to your procedure time. Finish prep 6 hours prior to your procedure.**

Empty 1 Pouch A and 1 Pouch B into the disposable container. Add lukewarm water to the top line of the container. Mix to dissolve. 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. Then drink 16 oz. of clear liquids of your choice.

**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.**

**THE DAY OF YOUR PROCEDURE**

**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.**