



Attleboro Gastroenterology, P.C.

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MOVI PREP /

Purchase: MOVI prep carton contains 4 pouches and a disposable container for mixing. You must complete the entire prep to ensure the most effective cleansing

FIVE DAYS BEFORE: Please **stop** aspirin, aspirin containing products, and anti-inflammatory meds (Ibuprofen, Motrin, Advil, Aleve, and Naprosyn). **You may take Tylenol.**

***If you take Coumadin (Warfarin) stop this for **5 days** and Plavix for **3 days** unless otherwise instructed. You **MUST** notify the person that prescribed this drug of the date of your procedure for dose instructions after the procedure.

THE DAY BEFORE:

Have a light breakfast. You **must** remain on ***CLEAR** liquids for the rest of the day.

12 Noon –Step 1 Empty 1 Pouch A and 1 Pouch B into the disposable container. Add lukewarm drinking water to the container. Mix to dissolve. (Solution may be premixed and refrigerated and must be used within 24 hours of mixing.

Step 2- The MoviPrep container is divided by 4 marks. Every 15 minutes drink the solution down to the next mark (8 oz) until liter is complete **and** then 16 oz of clear liquid.

7 PM – Repeat steps 1 & 2

*Individual response to this laxative can vary anywhere from 15 minutes to 3 or more hours. We recommend that you stay **CLOSE** to the facilities!*

IMPORTANT: DRINKING FLUIDS WILL IMPROVE YOUR INTESTINAL PREPARATION FOR THE TEST. It Is Important To Take All Of The Tablets And All Of The Liquid.

***CLEAR LIQUIDS INCLUDE:** Strained fruit juices without pulp, white grape or cranberry juice, apple juice, lemonade, Gatorade, soft drinks, jello, popsicles and chicken or beef broth. **These liquids cannot be colored red or purple!** Consume 64 oz of sports drink during the day. You may have coffee or tea with sugar or sweetener. **NO** milk or cream.

DAY OF PROCEDURE:

"NOTHING" TO EAT or DRINK for 6 hours before procedure

*****You may take any blood pressure meds with water before 6AM in the morning.

Report to Sturdy Hospital Emergency Room. Your procedure time is approximate; please plan to be at the hospital approximately 2 - 3 hours.

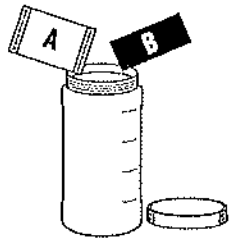
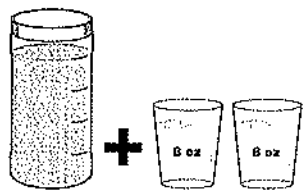
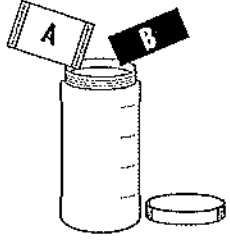
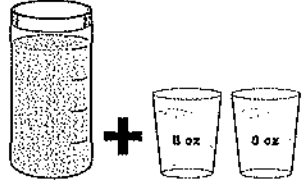
You **MUST HAVE A RIDE HOME** from the hospital, this person must come inside to pick you up at the Endoscopy/ Day Surgery dept. You **WILL NOT BE ALLOWED TO DRIVE or RETURN TO WORK THAT DAY.** **This is not negotiable.** If you **must** take a taxi home **you are required** to be accompanied by a relative or friend. For your safety, please go home and rest.

Please bring a **current list of medications** that you are taking and bring inhalers if you use them. If you are **diabetic please check your glucose** the morning of the procedure

Special Instructions: _____
Your test is scheduled for _____ at _____
Arrive at the hospital at _____

Patient Instructions— Split-Dose Regimen

The MoviPrep carton contains 4 pouches and a disposable container for mixing. You must complete the entire prep to ensure the most effective cleansing.

<p>The evening before your colonoscopy beginning at: _____</p>	
<p>STEP 1 MIX FIRST DOSE</p>	<ul style="list-style-type: none"> Empty 1 Pouch A and 1 Pouch B into the disposable container Add lukewarm drinking water to the top line of the container. Mix to dissolve <p><i>If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.</i></p> 
<p>STEP 2 DRINK FIRST DOSE</p>	<ul style="list-style-type: none"> 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  <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Clear liquids include water, ginger ale, apple juice, Gatorade[®], lemonade, and broth. No red or purple liquids</p> <p>Ask your doctor if you have any questions about whether a particular drink is acceptable.</p> </div>
<p>The morning of your colonoscopy beginning at: _____</p>	
<p>STEP 3 MIX SECOND DOSE</p>	<ul style="list-style-type: none"> Empty 1 Pouch A and 1 Pouch B into the disposable container Add lukewarm drinking water to the top line of the container. Mix to dissolve <p><i>If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.</i></p> 
<p>STEP 4 DRINK SECOND DOSE</p>	<ul style="list-style-type: none"> 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 

A colonoscopy prep causes the body to lose a significant amount of fluid and can result in sickness due to dehydration. It's important that you prepare your body by drinking extra clear liquids before the prep. Stay hydrated by drinking all required clear liquids during the prep. Replenish your system by drinking clear liquids after returning home from your colonoscopy.

If you have any questions, please call our office at _____.

*Gatorade is a registered trademark of Slocake-Van Camp, Inc., Chicago, IL.

MoviPrep[®]
(PEG-3350, Sodium Sulfate, Sodium Chloride, Potassium Chloride,
Sodium Ascorbate and Ascorbic Acid for Oral Solution)
Bx only

**Low-Volume Prep.
High-Volume Efficacy.**



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Likely, you have been asked to prepare for a colonoscopy by splitting the dose of your preparation. For those of you who have an early morning colonoscopy, this will entail waking up 5 hours before the scheduled procedure time which might mean a 3 am wake up call. Please let me try to explain to you why this is requested.


Colonoscopies have been shown to decrease the likelihood of developing colon cancer on the left side of the colon, which is the side of the colon closest to the rectum. However, we have not done as good a job in the decreasing in the incidents of colon cancer involving the right side of the colon.

It is thought that this might be related to the fact that the cancers on the right side of the colon tend to originate as flat polyps which are more difficult to visualize. What worsens this visualization is when there is a small amount of stool or residual liquid coating the right side of the colon. It has been shown that by splitting the preparation and taking half the day before and half the day of – we are afforded a better visualization of the right side of the colon.

The reason you are not being asked to take the phosphosoda is that the Food and Drug Administration has removed this from the market since there were some case reports of kidney damage. Thus, we are relying on the larger volume preparations. These require anywhere from a quart to 2 quarts the day before as well as the day of.

If you feel that the split does is something that you still do not want to perform – then my staff will inform you of the correct way to take the prep all in the same day.

Thank you for your understanding.



David Schwartz, M.D., F.A.C.G., A.G.A.F