



Digestive Specialists, Inc.
Digestive Endoscopy Center, LLC
 www.digestivespecialists.com

2 Day MoviPrep Instructions

Please read these instructions thoroughly to ensure a successful preparation for your procedure.

Date _____ Time of Arrival _____

- Sugarcreek Twp. 4340 Clys Road
- Dayton 1530 Needmore Road, Suite 100
- Huber Heights 5697 Shull Road
- Springboro 77 W. Eleanor Drive

Colonoscopy Prep

1. MoviPrep Solution
– prescription required
2. Dulcolax Laxative
– 2 tablets
3. Simethicone 80 mg
– 2 chewable tablets
Do not use Gas-X

You are scheduled with Dr. _____

The Medical Assistant, _____ may be reached at _____.
 After 5:00 PM or on weekends, call (937) 534-7330 to page your doctor.

Important Information

- Take heart, blood pressure or seizure medications with a small amount of water up to 2 hours before your procedure.
- For 7 days prior to your procedure stop taking iron supplements.
- For 3 days prior to your procedure avoid all high fiber foods especially **fresh fruits, fresh vegetables, nuts and seeds** and drink plenty of fluids to hydrate yourself.
- **Complete the entire preparation per the instructions on the back.** If you get nauseated or vomit when drinking the prep and you have not finished the entire dose:
 - Stop drinking any further prep or liquids for the next hour until nausea/vomiting has subsided, then restart drinking it until finished.
 - If you still cannot finish the prep, please call us at the number listed above.
- **Bring a licensed driver. You will not be allowed to drive home.**
- **You may *not* take a cab alone.**
- **Do not smoke on the day of your procedure.**



On _____ (Day before your procedure)

- Begin clear liquid diet as instructed on the right. ⇨
- **Do not eat any solid foods until after your procedure is completed**
- Drink as much clear liquid as you can all day in order to remain well hydrated.
- At **12:00 Noon**, take 2 Dulcolax tablets
- At **6:00 PM** mix 1 *Pouch A* and 1 *Pouch B* into the disposable container provided. Add lukewarm drinking water to the top line of the container. Mix to dissolve. *To drink cold, mix and refrigerate up to 4 hours prior to drinking.*
- Between **6:00PM - 7:00PM** drink the full liter of prep solution.

Clear Liquids Diet

- **Gatorade is preferred**
- Clear fruit juices, white grape juice and apple juice
- Kool-Aid or PowerAde
- Clear soup, broth or bouillon
- Water
- Tea or coffee - **No cream**
- Hard candies
- Soda pop
- Jell-O or popsicles
- **Nothing red or purple**
- **Nothing alcoholic**

2nd Half of Moviprep- Even if you are passing clear liquid the night before, you still need to complete the prep.

On _____ at _____ AM/PM (6 hours before your arrival time)

- Mix 1 *Pouch A* and 1 *Pouch B* into the disposable container provided. Add lukewarm drinking water to the top line of the container. Mix to dissolve. *To drink cold, mix and refrigerate up to 4 hours prior to drinking.*
- Drink the full liter of prep solution over the next hour.
- When finished drinking the liter of prep solution take the 2 chewable Simethicone 80 mg tablets.

After completing the second part of the prep: Do not drink anything. Do not chew gum or eat hard candy.

