



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

Same Day MoviPrep Instructions

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

You may need special instructions. Please let us know if you:

- Are taking Coumadin, Plavix or any other blood thinner
- Are Diabetic
- Had a Heart Attack or Stroke in the past six months
- Have an Artificial Heart Valve or Heart Defibrillator
- May be Pregnant

Colonoscopy Prep

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

Date _____ **Time of Arrival** _____

- Kettering** 999 Brubaker Drive (Blue Canopy) Suite 2 _____ Suite 3 _____
- Dayton** 1530 Needmore Road, Suite 100
- Huber Heights** 7415 Brandt Pike (Blue Canopy)
- Springboro** 77 W. Eleanor Drive

You are scheduled with Dr. _____. The Medical Assistant, _____ may be reached at _____. After 5:00 PM or on weekends, call (937) 293-2169 to page your doctor.

Bring a licensed driver. You will not be allowed to drive home. You may not take a cab alone.

Prep Instructions - Please read line by line to ensure a successful preparation

7 Days before your procedure – Date: _____

- Do not eat any Olestra products such as Olean WOW potato chips or Pringles Reduced Fat.
- Stop taking iron supplements.

3 Days before your procedure – Date: _____

- Avoid all high fiber foods especially fruits, vegetables, nuts and seeds until after your procedure.
- Drink plenty of fluids.

1 Day before your procedure – Date: _____

- **Breakfast:** You may eat solid foods, continuing to avoid the high fiber items listed above.
- **Lunch:** Begin a full liquid diet as instructed on next page. Do not eat any solid foods.

- **Dinner:** Begin Clear Liquid Diet as instructed on the right. Do not consume liquids that contain milk products or eat any solid foods.
- Continue to drink as much clear liquid as you can in order to remain well hydrated.
- Do not drink any alcoholic beverages.

Day of your procedure – Date: _____

1st part of MoviPrep

- At **5:00 AM**, take 2 Dulcolax tablets with one glass of clear liquid.
- Then immediately take the first dose of MoviPrep.
 - 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 and dissolve. *If you prefer to drink it cold, please mix and refrigerate up to 4 hours prior to drinking.*
 - The MoviPrep container has 4 marks. Every 15 minutes, drink the solution down to the next mark until the full liter is consumed. *It will take approximately 1 hour to finish this dose.*
- Continue to drink clear liquids to keep you well hydrated until the second part of the prep.

2nd part of MoviPrep

- At _____ **AM** on _____, take the second dose of the prep – 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 and dissolve. *If you prefer to drink it cold, please mix and refrigerate up to 4 hours prior to drinking.*
 - The MoviPrep container has 4 marks. Every 15 minutes, drink the solution down to the next mark until the full liter is consumed. *It will take approximately 1 hour to finish this dose.*
- Next, take 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.

Important Information

- Take heart, blood pressure or seizure medications with a small amount of water up to 2 hours before your procedure.
- Complete the entire preparation. 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.
 - Restart the prep and finish it.
 - If you still cannot finish the prep, please call us at the numbers on the front page of these instructions.
- **Bring a licensed driver.** You will not be allowed to drive home. You may *not* take a cab alone.

Full Liquids Diet

- Milk
- Milkshakes
- Protein shakes
- Ice cream
- All clear liquids as below

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**