

East Carolina Gastroenterology, PA
Jacksonville, NC 28546
Peter A. Eweje, M. D.
910 353 6158

INSTRUCTIONS FOR MOVIPREP

- Your procedure is scheduled at **OUR OFFICE** on _____
You should expect to be at the endoscopy center for about 2 to 2 1/2 hours.
- Please obtain the prescription Moviprep from your pharmacy many days before your test.
- Please stop taking your **aspirin, celebrex, Plavix, motrin, aleve, and other ibuprofen containing medications five days before your test, unless we instruct you otherwise.**
- If your test is scheduled for a morning DO NOT take any of your regular a.m medications(except inhalers and medicines for seizures) on the day of your test. You MAY TAKE your regular a.m medications if your test is scheduled for the afternoon. **Continue to take your inhalers and seizure medications as prescribed by your physician.** Bring your medication bottles along with you. Do not hesitate to call us with questions about your medications.
- **You will need specific instructions if you take Coumadin/Warfarin, Pradaxa, Xarelto, Eliquis, Savaysa or other anticoagulants. Please let us know if you do take any of these medications.** You may need to be switched to a blood thinning shot.
- **Do not take your diabetic pills** the evening before and the morning of your test. You should only **take half the usual dose** of your **Insulin shot** the day before your test, and none on the morning of your test.
- In preparation for your procedure try to **eat less of foods high in fiber** for at least **5 days** before the procedure. Some foods to avoid include: bran, whole grain cereals, all beans, raw fruits and vegetables, potato skins, nuts, raisins, corn, seeds and popcorn.
- **Have a regular breakfast before 10am on the DAY BEFORE your test. Then start clear liquids, and continue until two hours before your test.** Clear liquids will include Gatorade (preferred), broth, clear juice, soda, jello (except red jello), black coffee or tea without cream or milk. You may drink clear liquids until two hours before the scheduled time of your test.
- **Follow the instructions for the prep on next page**
- After completing this prep, **EAT NO SOLID FOOD.** You may continue with a clear liquid diet until 2 hours before your test.

- REMINDER: YOU WILL NEED A DRIVER TO BRING YOU HOME AFTER YOUR PROCEDURE. PLAN ON TAKING THE WHOLE DAY OFF OF WORK/SCHOOL THE DAY OF YOUR PROCEDURE.
- Please call the office at **910 353-6158** if you have any questions regarding your prep or procedure.

Instructions for MoviPrep:

- 1.) **Split-dose MoviPrep regime(for procedures scheduled after noon the next day):** On _____ evening take the first liter of MoviPrep solution over one hour (one 8 ounce glass every 15 minutes) and then drink 0.5 liters (approximately 16 ounces) of clear fluid. Then, on the morning of the colonoscopy day (_____), take the second liter of MoviPrep solution over one hour and then drink at least one liter of clear liquids up to two hours prior to the start of the colonoscopy. Do not take anything by mouth for two hours before your test.
- 2.) **Evening-only (Full-dose) MoviPrep regimen (for procedures scheduled before noon the next day):** Around 6 PM (_____) on the evening before the colonoscopy take the first liter of MoviPrep solution over one hour (one 8 ounce glass every 15 minutes) and then about 1.5 hours later take the second liter of MoviPrep solution over one hour. In addition, take at least 1 liter (approximately 32 ounces) of additional clear liquid during the evening before the colonoscopy.

MoviPrep consists of 4 separate pouches, 2 of pouch A and 2 of pouch B.

Preparation of the MoviPrep solution: MoviPrep solution is prepared by emptying the contents of 1 product A and 1 pouch B into the suitable glass container (or the container provided) and adding to the container 1 liter of lukewarm water. Mix the solution to ensure that the ingredients are completely dissolved. If the patient prefers, the MoviPrep solution can be refrigerated prior to drinking.

After consumption of the first liter of MoviPrep solution, the above mixing procedure should be repeated with the second pouch A and pouch B to reconstitute the second liter of the MoviPrep solution.