MOUNTAIN WEST GASTROENTEROLOGY
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MOVIPREP FOR COLONOSCOPY (SCHEDULE B)

Two nights before your procedure, you may eat a regular dinner, but stop eating solids after 7 P.M. To prepare the MoviPrep, follow the "Patient Instructions Sheet" that has been provided. If you prefer, just add cold water to the container a couple hours before you start drinking it. Do not add anything to the MoviPrep preparation like soda, etc.

THE DAY BEFORE YOUR PROCEDURE

1) Start a clear liquid diet: Jell-o (not red or purple), Bouillon, apple juice, Gatorade, 7-Up, Sprite, ginger ale, tea, coffee (no cream or milk).

2) At 8 A.M., begin drinking the MoviPrep. The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approx. 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.

3) At 6 P.M., begin drinking the MoviPrep. The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approx. 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 effective prep.

When all the MoviPrep is gone, you may continue to drink clear liquid until two hours prior to the procedure.

You may experience some of the following symptoms: headaches, chills, and/ or nausea. Do not be alarmed as this is normal due to the MoviPrep. You may have to sit on the toilet while taking the MoviPrep.

PLEASE BRING SOMEONE WITH YOU TO DRIVE YOU HOME, AS YOU WILL BE SEDATED FOR THE EXAM. Your exam will be cancelled if you do not have someone to drive you home. **Remember to take all your other medications normally unless otherwise instructed.** (If you take insulin in the morning take only ½ of your usual dose).

You will be in the Endoscopy Lab for approximately two to three hours. If you have any questions please contact our office at (435) 673-1149