

**PAUL E. SAVOCA, MD, FACS, FASCRS**  
**Movi Prep for Colonoscopy**

**PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY BEFORE YOUR PROCEDURE:**

**ALL PATIENTS MUST FOLLOW A CLEAR LIQUID DIET ONLY ALL DAY THE DAY PRIOR TO COLONOSCOPY.**

**DO NOT EAT OR DRINK ANYTHING OTHER THAN YOUR PREP AFTER MIDNIGHT THE NIGHT BEFORE**

**DO NOT** eat foods containing seeds for five days prior to your procedure such as sesame or poppy seeds, strawberries, black pepper, corn or tomato skins. If by chance you have eaten these products, you should still proceed with your preparation

Prescribed medications for heart disease, high blood pressure and asthma may be taken prior to your procedure, unless otherwise instructed. All other medications, including diabetic medications, should be brought along with you to be taken after your procedure.

**DO NOT** take aspirin or aspirin-type products such as Ibuprofen, Advil, Aleve, Nuprin, Motrin, Naprosyn, etc. for at least one week prior to procedure. Please do not take herbal remedies or supplements for at least one week prior to your exam. You may take Tylenol.

After your colonoscopy, if you had a biopsy or polyp removed: Please stop Plavix 7 days prior to your procedure, or Coumadin 4 days prior. Please consult the physician who prescribed the medication to make them aware.

Please advise the physician if you have a prosthetic heart valve, a serious heart murmur, or if you have had any cardiac procedures in the last year.

On the day of your colonoscopy you will receive intravenous sedation. **These medications will impair your driving ability. You must arrange for someone to take you home after your procedure. The driver must remain in the facility throughout your procedure and recovery. You may not drive until the next day.**

You will receive written diet instructions after your colonoscopy.

This packet contains the **Movi-prep**. If you are unable to complete the prep, please call the Doctor's office and speak with a staff member. After hours, the Physician on call will contact you.

## Movi Prep for Colonoscopy 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.

### **The evening before your colonoscopy beginning at: 6pm**

#### Step 1: Mix First Dose

- Empty 1 Pouch A and 1 Pouch B into the disposable container
- Add lukewarm drinking water to the top line of the container and mix until dissolved.

**If preferred, mix solution ahead of time and refrigerate prior to drinking. The solution should be used within 24 hours.**

#### Step 2: Drink First Dose

- 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.

#### Step 3: Mix Second Dose

- Empty 1 Pouch A and 1 Pouch B into the disposable container
- Add lukewarm drinking water to the top line of the container and stir well

**If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.**

### **Step 4: Drink the second dose the morning of your colonoscopy. You must COMPLETE drinking it four hours prior to leaving for your procedure.**

- 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.

**• Do not drink or eat anything after completing the last dose of your MoviPrep.**

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

If you have any questions, please call our office at 631-862-3600

## CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed.

**No red or purple liquids should be consumed!**

<b>Food Group</b>	<b>Foods Allowed</b>	<b>Foods to avoid</b>
Milk & Beverage	Tea and coffee (no creamer) <i>No red or purple liquids</i>	Milk ,creamer Dairy- based drinks
Meats & Meat Substitutes	None	All
Vegetables	None Fruit & Fruit Juices Strained fruit juices: apple, white grape, lemonade	All unstrained fruit juices
Grains & Starches	None	All
Soups	Clear broth, consommé	All others
Desserts	Clear flavored gelatin, popsicles	All others
<i>No red or purple flavors</i>		
Fats	None	All
Miscellaneous	Sugar, honey, syrup, clear hard candy	All others

## **IMPORTANT INFORMATION FOR PATIENTS PREPARING FOR COLONOSCOPY**

A procedure on a clean, prepared colon using a flexible tube equipped with a digital camera used to visualize the colon (also known as the large intestine) for the purposes colon cancer screening. It also allows for treatment such as removal of polyps, biopsies (removal of potentially abnormal tissue for examination) or control of bleeding.

### **LENGTH OF THE PROCEDURE**

The procedure usually lasts from 20-30 minutes but can take longer if polyps are present, if the colon is excessively long or twisted, or if excessive scar tissue exists. The extent of time required from check-in to check-out is approximately 2 hours.

### **AWARENESS DURING PROCEDURE**

The procedure is usually done with anesthesia either moderate “conscious” sedation (“twilight”) where you may fall asleep but are easily aroused or a deeper sedation with IV anesthesia with an anesthesiologist present. Which anesthesia given depends on a variety of issues including medical history and past experience with anesthesia. You may experience some cramping or “gassiness” during the procedure or after.

### **PREPARATION**

You should receive instructions for preparing your colon in the office when discussing the procedure with your physician

### **AFTER THE PROCEDURE**

You will be incapable of driving yourself home after the procedure due to the IV sedation and should not drive that entire day. You must make arrangements to have someone there to take you home from the hospital. Even if you want to take cab home you **MUST** have someone with you that will be responsible for you. This is a hospital policy and we will not allow you to go through the procedure without a responsible person to accompany you home. This person must be prepared to stay in the facility the duration of your procedure. Someone should remain with you until the following morning. Most people can return to work the following day. You should avoid going out of town after the procedure for several days due to delayed symptoms that can occur after a rare complication.