



TROY GASTROENTEROLOGY PC

CENTER FOR DIGESTIVE HEALTH

www.troygastro.com

COLONOSCOPY (Movi Preparation)

You must be accompanied by a driver who will register with you, wait with you during your procedure, and drive you home. **Your procedure will be canceled if you have not arranged for this.**

IF YOU NEED TO CANCEL OR RESCHEDULE YOUR PROCEDURE, PLEASE CALL (248)844-9710.

THREE-FIVE DAYS PRIOR TO THE COLONOSCOPY

- **NO** iron supplements or vitamins containing iron
- Discontinue Coumadin, check with ordering doctor prior to discontinuing medication
- Continue aspirin and Plavix

TWO DAYS PRIOR TO THE COLONOSCOPY** (Constipation Prep)

If you have a diagnosis of constipation, or had a previous problem with the colon cleansing preparation, you need an extra day of preparation to ensure that your colon is clear. This allows a better visualization. Thus, your prep needs to start two days prior to the colonoscopy.

- **12:00 Noon – 6:00 PM** Take one (1) 10-oz. bottle of Magnesium Citrate (refrigerated) and drink the entire bottle over several minutes.
- After completed, drink at least three (3) 8-oz. glasses of water or clear liquid.
- Continue a clear liquid diet for the rest of the day.

DAY BEFORE THE COLONOSCOPY

For the entire day prior to the colonoscopy, you should only have a “clear liquid diet”. A “clear liquid” means that you can see through it. Solid food, milk, and milk products are NOT allowed. NO alcohol. All items consumed need to be clear, yellow, orange, or green. **NOTHING RED, BLUE, OR PURPLE.**

Clear liquids include:

- Water, or sodas – 7-Up, Sprite, cola, ginger ale
- Strained fruit juices, without pulp – Apple, White Grape, Lemonade
- Clear broth or bouillons
- Coffee or tea – without milk or non-dairy creamer
- Gatorade, Kool-Aid, or other fruit-flavored drinks – not red, blue, or purple
- Ice popsicles, or Plain Jell-O without added fruit or topping – not red, blue, or purple

Movi Prep:

(The MoviPrep carton contains four pouches and a disposable container for mixing. You must complete the entire prep to ensure the most effective cleansing.)

STEP 1 – 6:00 PM (Part A)

- Empty one (1) Pouch A and one (1) Pouch B into the disposable container.
- Add lukewarm drinking water to the top line of the container. Mix to dissolve. *(If preferred, mix solution ahead of time and refrigerate prior to drinking. The solution should be used within 24 hours.)*

(Part B)

- The MoviPrep container is divided by four (4) marks. Every 15 minutes, drink the solution down to the next mark (approximately eight ounces), until the full liter is consumed.
- Drink 16 ounces of the clear liquid of your choice. Hydration is necessary for an effective preparation.

STEP 2 – 7:30 PM

- Repeat Steps A and B.

(Continued on next page.)



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DAY OF THE COLONOSCOPY

- You may have nothing to eat or drink until after your procedure.
- If you are diabetic -- either **insulin-dependent** or **oral medication** -- you should **NOT** take your insulin or oral medications until after the procedure.
- Please **DO** take any blood pressure, seizure, or heart medications, with a small sip of water the morning of your procedure.
- ****** Please bring a list of your medications with you on the day of your procedure. ******