Date of Procedure: __________________________ Time of Arrival: _______________________

Be sure to read these instructions carefully to ensure a successful preparation for your colonoscopy.

It is very important that you follow the LOW RESIDUE DIET 2 days prior to your procedure and drink the MOVIPREP as instructed on this paper to ensure a clean colon. If your colon is not clean, polyps and colon cancer can be missed and Dr Gandhi cannot perform an optimal exam. In addition the colonoscopy may take longer (increasing the risk of complications); or the entire process may need to be repeated or rescheduled.

For questions regarding this prep call (937) 350-6700. You may have to leave a message after 5:00 pm but your call will returned promptly.

Let us know if you have any of the following conditions as you may need special instructions:

- Are taking Coumadin, Plavix or any other blood thinner
- Are diabetic or pregnant
- Had a heart attack or stroke in the last six months
- Have an artificial heart valve or heart defibrillator
- Constipation (you may be given some additional prep instructions)

DO NOT FOLLOW THE INSTRUCTIONS ON THE MOVIPREP BOX OR BOTTLE

Follow these Step by Step Instructions to Prepare you for your colonoscopy
Tips for drinking the bowel cleanse preparation:

• Drink it chilled
• Also it is better to drink it down versus sipping on it
• Hold your nose and drink it as quickly as possible
• Quickly suck on a lemon slice after you finish each glass
• Hold a lemon or lime under your nose while you drink
• Drink it through a straw placed far back on your tongue

7 days before your procedure: Stop taking any iron supplements.
2 days before your procedure: Date:____________ Start on a LOW Residue Diet and continue the entire day – see separate diet sheet. Drink plenty of fluids
One Day before your procedure: Date:____________
• Continue on LOW RESIDUE DIET for breakfast and lunch – see separate diet sheet
• At 1:00 pm take #2 Dulcolax Tablets
• Starting at 2:00 pm – 4:00 pm begin a CLEAR LIQUID DIET – see separate diet sheet (do not eat any solid foods)
• From 4:00 – 6:00 pm do not eat or drink anything.
1st Dose of MOVIPREP – DAY BEFORE YOUR PROCEDURE
• Mix 1 Pouch A and 1 Pouch B into the disposable container
• Add lukewarm water to the top line of the container, shake and mix and place in the refrigerator. It can be refrigerated up to 24 hours prior to drinking. The MOVIPREP container has 4 marks.
• At 6:00 pm start drinking the first dose of the prep as directed below
  o Every 15 minutes drink the solution down to the next mark until the full liter is consumed. This is equal to drinking 4 (8 oz) glasses of water every 15 minutes.
  o It will take approximately one hour to finish this dose. (6:00–7:00 pm)
• ½ hour after you finish drinking the prep, drink at least 4 glasses of clear liquid to remain well hydrated until the second part of the prep. (7:30 – 8:30 pm)
• Continue to drink as much clear liquid as you can in order to remain hydrated until you go to bed.

**DAY OF PROCEDURE**

• You can have clear liquids in the morning when you wake up until 2 hours prior to starting the 2nd dose of the prep.

• **Two hours prior to starting your prep nothing to eat or drink**

**2nd Dose of MOVIPREP**

• At ______am- 4 hours prior to your arrival time start the 2nd dose

• Repeat same as 1st dose by mixing prep with water and drinking down to the marks on the container every 15 minutes. (__________)

• ½ hour after you finish drinking the prep, drink at least 4 glasses of clear liquid to remain well hydrated. (___________)

• If your stools are not clear after taking the entire prep and you cannot see the bottom of the toilet or if you have been instructed to do so.
  o **Take #2 Dulcolax tablets**

• Do not have anything to eat or drink after drinking the 4 glasses. Do not chew gum.

• Do not eat or drink anything 2 hours prior to your arrival time.

**FREQUENTLY ASKED QUESTIONS AND TIPS FOR A SUCCESSFUL COLONOSCOPY**

What to expect after drinking MOVIPREP and how long will it take until I see results or will the prep start to work?

After starting to drink the MOVIPREP you will start to experience loose stools and then diarrhea. It is different with each patient, sometimes the prep can start to work right away or others it may take 2-3 hours. The goal is for the stools to be clear which means that the colon is emptied of all of its content.

Wear loose clothing during this time of preparation and stay near the bathroom. Better yet, once the preparation starts to work, stay in the bathroom – because when the urge
hits, it’s hard to hold back. Consider setting up shop near the toilet with your music, your laptop, magazines or books.

Do I need to drink all of the prep even if my stools are clear?
It is very important to drink ALL of the prep. Our goal is that your stools are clear – clear is defined as being able to see the bottom of the toilet bowl. Again, this will ensure that your colon is clean, Dr Gandhi will be able to perform an optimal exam so that polyps and colon cancer are not missed.

What if I feel nauseated or I start to vomit?
• If you feel nauseated or vomit while drinking the prep and you have not finished the entire dose, stop drinking any prep until the nausea/vomiting subsides for 1 hour. Then restart the prep.
• You may have to drink the prep every 20- 30 minutes if needed in order to finish all of the prep.
• If you are not able to finish drinking all of the prep call (937)350-6700 for further instructions.

Can I take my medications before my procedure?
• You may take heart, blood pressure and seizure medications up to 3 hours prior to your arrival time with a small amount of water.
• Do not take your medications while drinking the prep or they will not get absorbed

Why do I need to have a driver to drive me home?
• For your safety, due to the anesthesia that you are given it is very important that you have someone drive you home from your procedure. In addition, the surgery centers require that you have a responsible party present during your entire procedure. Please help us in ensuring your safety and plan ahead for your support party.