

Movi Prep

Important things to know about your prep:

- 1) if the Prep is not done correctly and your colon is not clean your colonoscopy will not be completed. You will have to repeat the prep and the procedure until the doctor is able to complete the procedure.
- 2) Taking the Prep correctly is an important for your colonoscopy because it allows better visibility for Dr. DeAntonio. Better visibility means polyps or other digestive disorders can be seen. If colon cancer is found early it can be cured.

Light Diet:

a chicken breast
tuna fish without mayonase
a boiled or poached egg
white bread toasted without butter

Clear Liquid Diet:

Nothing Red or Purple
juice (without pulp)
water
tea or coffee (without cream)
clear soup

1 Week Before:

Make plans with someone to drive you home:

because you will be given anesthesia you will not be able to drive yourself home. you will need a friend or family member to pick you up after your colonoscopy. you will not be allowed to call a cab or car service.

Stop eating any foods listed below

nuts	popcorn	whole grain
granola	seeds	bread with seeds in it

If you are on any of the medications on the left stop them for the amount of time designated on the right

Plavix or Ticlid	Hold for 7 days If there are any questions about holding Plavix, ask your doctor first.
Aspirin	Hold for 5 days unless your cardiologist suggests otherwise
Iron or Ferrous Sulfate tablets	Hold for 5 days
Ibuprofen, Motrin, Alleve and other anti-inflammatory drugs	Hold for 3 days
Tylenol and Codeine medications that are not anti-inflammatory	do not need to be held

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The Day Before your Colonoscopy

Morning

Eat breakfast: you can have one thing off the light diet list (on page 1).

after breakfast you have all of the clear liquids you would like off of the clear liquid diet.

In the Afternoon



pour one of the packets marked A into the provided container

pour one of the packets marked B into the provided container

add luke warm drinking water up to the top line marked on the side

mix well

Place the Prep in the refrigerator if you would like it to be cold. tonight you will start drinking your prep.

the mixture must be consumed in 24 hours of mixing it

Lunch

you can have one thing off the light diet list (on page 1).

after lunch you have all of the clear liquids you would like off of the clear liquid diet (page 1).

only clear liquids off of the clear liquid diet (on page 1) are permitted after lunch.

Dinner

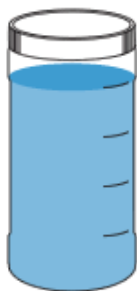
drink all the clear liquids you would like.

no solid food is permitted.

Movi Prep

the Night Before your Colonoscopy

6:00 pm



at 5:00pm or 6:00pm the night before your colonoscopy

begin drinking one quarter of the container every 15 minutes. you can follow the dividing lines on the side of the plastic prep container.

this must be completed in one hour.

7:00 pm



Drink 16oz of any clear liquids listed on the clear liquid diet on page 1.

This is an important part of the prep. it keeps you hydrated and will make the prep work better.

8:00 pm



mix the second half of your prep:

pour one of the packets marked A into the provided container

pour one of the packets marked B into the provided container

add luke warm drinking water up to the top line marked on the side of the container

mix well

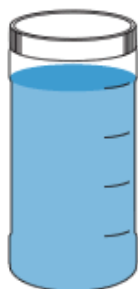
Place the Prep in the refrigerator if you would like it to be cold. tomorrow morning you will finish drinking your prep.

the mixture must be consumed in 24 hours of mixing it

Movi Prep

the Morning of your Colonoscopy

6 Hours Before you are Scheduled for your Colonoscopy:



6 hours before your are going to have your Colonoscopy

Start drinking the second half of the prep

begin at that time drinking one quarter of the container every 15 minutes. you can folow the dividing lines on the side of the plastic prep container.

you should be complete this step within an hour

5 Hours before you are Scheduled for your Colonoscopy:



Drink 16oz of any clear liquids listed on the clear liquid diet on page 1.

This is an important part of the prep.

you must complete this within an hour

if you take any bloodpressure medications, they must be takeb before your colonoscopy. Now is a good time to take them.

4 Hours before you are Scheduled for your Colonoscopy:

do not eat or drink anything by mouth

if you take diabetes medications pack them and bring them with you to take after your colonoscopy.