

My Colonoscopy Prep Calendar Moviprep

Patient name:
Physician:
Procedure Date:
Arrival Time:



Pick up your bowel prep at the pharmacy. It will be a container with 4 packets of powder mix. Do not add any water until the day before your colonoscopy. Use the instructions on this sheet on '1 Day Prior' **DO NOT** use the instructions provided on the Moviprep box.


Confirm with the person who is providing you a ride home. You must have a ride home as you will be receiving sedation **(NO TAXIS, Lyft, or Uber by yourself)**. Please inform your escort that the visit will take 1 ½ -2 hours.



If you use our patient portal to check **upcoming appointments** please **disregard** this information for your procedure is in our endoscopy suite.

Stop taking Iron supplements and multivitamins.

If you are taking blood thinners, such as Coumadin, you will receive additional instructions guided by your prescribing physician.

Check each box daily to ensure proper prep 

Stop eating seeds, nuts, corn, any vegetables with a skin, and beans.

If you are unable to make your appointment please call, 603-580-7892. **Core Gastroenterology requires 72 hours notice for cancellations**

No solid food, dairy, juice with pulp, alcoholic beverages, and nothing red, orange, or purple in color.

ONLY clear liquids allowed: Sports Drinks (**no red, orange, or purple**), apple juice, white grape juice, ginger ale, clear broth/bouillon, water, coffee/tea without milk, clear carbonated beverages, Jell-O, popsicles, and Italian Ice. To stay hydrated, drink at least 8 glasses of clear liquid in addition to the bowel prep.

Early in the morning mix the Moviprep in the enclosed container. Empty 1 pouch A and 1 pouch B into the container. Then fill the container to the fill line with warm water, shake until powder is dissolved, and refrigerate.

Starting at 6:00 pm, drink one 8 OZ. glass of Moviprep preparation every 15-20 minutes until 1 liter is consumed (1 container). If you get nauseated, stop for 30 minutes to 1 hour, then start again at a slower pace. You will begin to have loose stools 1-2 hours after you start drinking the Moviprep.

If you are unable to finish your prep or have not had a bowel movement three hours after drinking the evening dose, call the hospital at 603.778.7311 as soon as possible and ask for the GI nurse.

Please **take** your morning medications with a sip of water at least two hours prior to your procedure time.

4 hours prior to your procedure, mix the Moviprep in the same way as the day before. Drink 8 OZ. **OVER ICE** every 15-20 minutes until container is empty.

Stop drinking all liquids including the bowel prep 3 hours before you are due to arrive at the hospital.

No chewing gum or hard candy 3 hours prior to arrival.

Helpful Tips

- You will need to contact the doctor who prescribes your diabetic medications for pre procedure instructions.
- Questions may be directed to (603)-580-7892.
- Please secure a ride home for the day of your procedure. You should plan to be there for 1.5-2 hours. You will need to make sure you confirm your ride, and your ride is available and reachable during your procedure time.
- You can try biting down on a lemon before drinking the prep to improve the taste.
- Drinking the Moviprep cold and adding a Crystal Light flavor packet (not red) can improve the taste. Drink with a straw.
- To decrease discomfort around the perianal region, use wet wipes instead of toilet paper and apply Vaseline or A&D Ointment to the rectum.
- If you wear contacts, you will be asked to remove them prior to the procedure.
- You will be asked to remove jewelry before your procedure and you should consider leaving valuables at home.
- Please check with your insurance carrier regarding their coverage of this procedure, a pre-authorization may be required.
- If you are within child-bearing age, you may be asked for a urine specimen prior to your procedure.