

South Suburban Gastroenterology, PC  
Weymouth Endoscopy, LLC  
1085 Main Street, South Weymouth  
TEL: 781-331-2922 FAX: 781-335-5702

## **Instructions for Colonoscopy with MoviPrep**

### **One week prior to procedure:**

- 1- Please check with your PCP and your gastroenterologist if you take any blood thinners such as Warfarin/Coumadin, Eliquis, Xarelto, Brilinta, Pradaxa, Plavix, or Aggrenox.
- 2- Aspirin should not be held.
- 3- You may continue any NSAID's such as Ibuprofen, Motrin, Aleve, Naproxen, Diclofenac, or Indocin.
- 4- Please hold iron pills after checking with your PCP.
- 5- If you are a diabetic, check with your PCP regarding diabetic medication dosing for this procedure.

### **Five days prior to procedure:**

- 1- Do not consume any nuts, seeds, popcorn, or corn.
- 2- Hold any fiber supplements.

### **Day before the procedure:**

- 1- No solid foods are permitted.
- 2- Clear liquids are to be consumed all day. Please drink plenty of clear liquids throughout the day and evening. This helps to achieve a more effective preparation and prevent dehydration.
- 3- Examples of clear liquids include: Crystal Light, Gatorade, Powerade, soda, apple juice, seltzer, flavored water, black tea/coffee, Italian ice, popsicles, Jell-O and broth. No milk or cream. Avoid red color in popsicles, Italian ice, Jell-O, Gatorade, etc.
- 4- At 4:00 o'clock, you will need to mix and begin your MoviPrep. If you would like to drink the fluid cold, mix ahead of time and refrigerate (the prep must be consumed before 24 hours of mixing).

### **Day of exam:**

- 1- Do not eat prior to the exam.
- 2- A second dose of MoviPrep will need to be mixed and consumed.
- 3- After completing the second dose of MoviPrep, stop consuming liquids 3 hours before the procedure time.

**The detailed instructions for the preparation is attached. Follow the instructions carefully. Call with any questions or concerns.**

**\*You must have a ride home from a family member or friend as public transportation is not allowed. You are not able to drive for the remainder of the day.\***