



Birns, Gloger, Witten, Bhinder & Strongin, MD

Patient Name: _____

**INSTRUCTIONS FOR COLONOSCOPY
MOVIPREP**

Date: _____ **Time of Procedure:** _____

Arrival Time: _____ **with Dr.** _____

Location: _____ **Urbana GI Endoscopy Center –**
3280 Urbana Pike # 104 Ijamsville, MD 21754
Phone Number 240-436-6440

_____ **GIEA- 15005 Shady Grove Rd # 200, Rockville MD 20850**
Phone Number 301-340-8099

_____ **Shady Grove Adventist Hospital, Outpatient Surgery Center**
9901 Medical Center Dr. Rockville, MD 20850
Phone Number 240-826-7541

You must have someone drive you home. If you plan to take a taxi home, you must have someone to accompany you. You will be ready to be discharged 1 ½ to 2 hours after your procedure is complete.

You will receive a pre-op call prior to your procedure. If you do not, please call the office/center and make them aware.

Please leave all valuables and jewelry at home. In addition, please refrain from wearing cologne, perfume or lotions.

Please remember we require 72-hour notice for cancellations or rescheduled appointments. If you fail to give 72 hours notice you may be charged a cancellation fee.

ONE WEEK BEFORE THE PROCEDURE

You may take Tylenol as needed

There are some medications to be held prior to your procedure.

- **Aspirin or Aspirin products** (including Excedrin) should be held for 1 week prior to the procedure. If prescribed by a physician, consult with that doctor first about your ability to safely hold these medications.
- **NSAIDS (Nonsteroidal Anti-Inflammatory Drugs)** such as Advil, Motrin, Aleve, etc. should be held for 3 days prior to the procedure.
- **Prescribed NSAIDS** (Voltaren, Relafen, Celebrex, Indocin, etc) should be discussed with your prescribing physician to see if you can safely hold for 3 days prior to procedure.
- **Blood Thinners** (Coumadin, Plavix, Persantine, Pradaxa, Xarelto, Aggrenox, etc.) should be discussed with your prescribing physician to see if they can be safely held and an appropriate time to stop them.

- All diabetic patients taking **insulin/oral hypoglycemic medications** should contact your prescribing physician regarding holding these medications prior to your procedure.

YOU WILL NEED THE FOLLOWING:

- Moviprep- Prescription to be given
- 64 oz. of clear liquid products listed on the back, *please use a sugar free product like Crystal Light if you are diabetic.*

5 DAYS PRIOR TO THE PROCEDURE

Stop eating high fiber foods (including nuts, corn, popcorn, raw fruits, vegetables and bran) ***Cooked fruits or vegetables are acceptable.***

DAY BEFORE THE PROCEDURE

You must be on a clear liquid diet the day before AND day of your procedure (NO SOLID FOOD).

DO NOT drink milk or milk shakes

DO NOT drink alcoholic beverages.

Any of the following clear liquids are acceptable:

- Water
- Strained fruit juices (without pulp) including apple, white grape or white cranberry
- Limeade or lemonade
- Coffee or tea (DO NOT use any dairy or non-dairy creamer)
- Clear broth (beef, chicken or vegetable) with or without salt or pepper
- Gatorade, PowerAde or vitamin water type products

If your procedure is before 11 AM:	
At 4:00 pm the day before your procedure:	<ol style="list-style-type: none"> 1. Empty Pouch A and Pouch B into the disposable container. Add lukewarm drinking water to the top line of the container. Mix to dissolve. * 2. The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz. between each set of marks), until the full liter is complete. 3. Drink an additional 32 oz. of clear liquid of your choice. <p>*You can mix ahead of time and refrigerate the solution, as that may improve the taste.</p>
At 9:00 pm the day before your procedure	Repeat steps 1-3 with the second dose of MoviPrep
If your procedure is after 11 AM:	
At 7:00 pm the day before your procedure:	Do steps 1-3 with the first dose of MoviPrep

The purpose of these laxatives is to clean your colon. Your bowel movements should not be solid, brown/cloudy tinged liquid bowel movements is acceptable. **We recommend coating the rectal area with **VASELINE** to protect the skin chaffing while prepping. *****You must be totally fasting 4 hours before the procedure. This means you may have nothing to eat or drink, smoke or chew 4 hours prior to the procedure. Please follow these instructions to avoid the risk of a delay or cancelled procedure.** If any problems or questions arise, please call our office at 301-251-1244 or 301-810-5252 during normal business hours.