

Moviprep Bowel Prep Instructions
PLEASE READ ALL OF THESE INSTRUCTIONS CAREFULLY

- If you have any questions about these instructions, please contact our office at 520-722-0744
- You are scheduled for a colonoscopy with **Dr. ARENAS** at the following facility:
- Mesquite Surgery Center, 7445 E Tanque Verde Rd Tucson, AZ 85715 phone: 520-722-0929
- **Appointment Date:** _____ **Appointment Time:** _____ **Please arrive 30 minutes prior; at:** _____

Please be advised that these instructions are different from the package instructions.

5 DAYS BEFORE YOUR EXAM

- **You Must Stop Taking The Following Medications:** (If cleared by your Primary Care Physician or Cardiologist). Aspirin, NSAIDS (Advil, Ibuprofen, Celebrex, Naproxen, Meloxicam, Diclofenac, Aleve), Coumadin, Heparin, Pradaxa, Plavix **or other blood thinners.** If you must continue please let us know.
- **STOP** any Bulking Agents and vitamin supplements ; Metamucil, Citrucel, Gemfibrozil, Ginseng, Ginkgo, Garlic tablets, Vitamin E, Multi Vitamins, Fish oil, and Iron supplements.
- Tylenol is acceptable to take during this time.

2 DAYS BEFORE YOUR EXAM

- Stop your oral diabetic medications 2 days prior to your exam. You may resume these medications after your exam.
- Start a low fiber diet. (No whole grain, raw vegetables, fruit, nuts, popcorn or seeds of any kind, etc)
- **Take one 10- ounce bottle of magnesium citrate** around 4:00pm. (This is available over the counter at your pharmacy)
- Individual responses to laxatives vary. Stay close to a toilet, as multiple bowel movements may occur with this laxative.

THE DAY BEFORE YOUR EXAM

- **CLEAR LIQUID DIET ALL DAY (anything you can hold up to the light and see through)**
- Which includes; **Beverages:** Any soft drinks, Gatorade, Kool-Aid, fruit juices NO pulp (apple, white grape, lemonade, etc.), water, tea, coffee. **Soups**-Low sodium chicken, beef or vegetable bouillon or broth. **Other:** Hard candies, Jell-O (no fruit or toppings), Popsicles (no sherbets, ice cream or fruit bars).
- **NO DAIRY PRODUCTS, OR ANYTHING THAT IS RED OR PURPLE IN COLOR**
- **Breakfast, lunch and Dinner – LIQUID DIET ONLY**, drink all the clear liquids you want. **NO SOLID FOOD!**
- Take any heart, blood pressure, seizure or other necessary medications as usual.
- **DO NOT** take any oral diabetic medications the day before or the morning of your exam.
- **Insulin dependent diabetics** should take ½ the usual dose of Insulin the day before your exam and ½ the usual dose on the day of your exam. Continue to monitor blood sugar as usual.

The Afternoon/Evening before your Exam: by 4PM start your laxative Prep:

- Pour 1 **pouch A** and 1 **pouch B** into the MOVIPREP container.
- Add lukewarm drinking water to the 'Fill Line' of container. Mix to dissolve.
- (If you mix the solution ahead of time and refrigerate prior to drinking; do not mix it more than 24hrs prior to drinking)
- Drink 8oz of MOVIPREP every 15 minutes until container is empty followed up by 16oz of water or any clear liquid.
- Individual responses to laxatives vary. Remain close to a toilet, as multiple bowel movements will occur.
- **Continue your clear liquid diet, drink as much of the clear liquids as you like until bed time. NO SOLID FOOD!**

The Morning of your Exam:

AT _____ (at least 5 HOURS PRIOR to your procedure)

- Pour 1 **pouch A** and 1 **pouch B** into the MOVIPREP container.
- Add lukewarm drinking water to the 'Fill Line' of container. Mix to dissolve.
- Drink 8oz of MOVIPREP every 15 minutes until container is empty followed up by 16oz of water or any clear liquid.
- Take any heart, blood pressure, seizure or other necessary medications as usual. (with water is ok)
- After completing your morning dose of laxative you may continue to drink water until 4 hours before your exam.
- **Stop drinking any liquids 4 hours before your exam.**
- **Nothing else to eat or drink until after procedure.**
- Please wear sensible shoes (no heels) and comfortable clothing, bring a pair of warm socks.
- **Please bring a list of your medications with you.**
- **SOMEONE MUST DRIVE YOU HOME AFTER YOUR EXAM.** You may not drive for the remainder of the day.
- Please come prepared to pay your outpatient co-pay. Check with your insurance for your required amount.

Dr. Miguel Arenas, 7445 E Tanque Verde RD. Tucson, AZ 85715

520-722-0744 PH, 520-722-0745 Fax