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## BOULDER MEDICAL CENTER, P.C.

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Robert H. Levine MD

### (MOVIPREP) INSTRUCTIONS FOR YOUR COLONOSCOPY

**PLEASE READ YOUR INSTRUCTIONS AT LEAST TWO DAYS PRIOR TO YOUR PROCEDURE**

**IMPORTANT:** Please DO NOT take any aspirin 3 days prior to your procedure

#### DAY BEFORE PROCEDURE

- **\*\*Drink only clear liquids for Breakfast, lunch and dinner\*\***
- Solid foods, milk or milk products are **NOT** allowed.
- Clear liquids include all of the following that are NOT colored red or purple - strained fruit juices without pulp (apple, white grape, lemonade), water, clear broth, tea (without milk or non-dairy creamer), Gatorade, soft drinks (Sprite, 7-Up, Ginger Ale, etc.), Black Coffee, Jell-o (without added fruit or toppings), ice, popsicles, and hard candy. You may use 1-2 cans of Ensure, Boost or Resource (Chocolate or Vanilla.)
- **At 5:00PM, mix the solution as detailed below:**
  - Empty 1 Pouch A and 1 Pouch B into the disposable container.
  - Add lukewarm drinking water to the top line of the container. Mix to dissolve.If preferred, mix solution ahead of time and refrigerate prior to drinking.
- **After Mixing, drink the container completely:**
  - The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz), until the full liter is complete.
  - Drink 16 oz of the clear liquid of your choice.

**Note:** The diarrhea effect usually begins within an hour or two, but maybe longer for some people. You may notice some bloating or cramping at the beginning of the prep. This will improve once the diarrhea begins. If you develop nausea or vomiting take a break, and then resume drinking at a slower rate. Diarrhea usually continues for about an hour or two after completing the prep.

#### DAY OF THE PROCEDURE

- At \_\_\_\_\_ AM, (At least 4 hours prior to your procedure) remix the same container, just like above, and drink the 2nd liter of prep solution.
- If you take medication, including blood pressure or heart medications, you may have it the morning of your procedure with a small sip of water.
- **YOU MUST BE ACCOMPANIED BY A FRIEND OR RELATIVE TO DRIVE YOU HOME, YOU WILL NOT BE ALLOWED TO DRIVE UNTIL THE NEXT DAY.**
- **DO NOT WEAR JEWELRY.**
- **PLEASE BRING YOUR INSURANCE CARD AND OUTPATIENT SURGERY COPAY (if applicable) WITH YOU.**
- **IF YOU HAVE ANY QUESTIONS PLEASE CALL THE NURSE 303-440-3094 or 303-440-3195.**