

## General Procedure Information

**Procedure Date / Time** \_\_\_\_\_

### **Procedure Location**

Main Office (Weisgarber Rd)

North Office (Emory Rd)

West Office (Parkside Dr)

### **Laxative Prep Method**

#### **Movi-Prep Split**

Supplies to purchase:

1. Movi-Prep kit (fill prescription)
2. Clear liquid beverages/products

#### General Instructions

- *Starting 3 days before your test date, consume a low residue diet (see attached)*
- *Do not take any medicines at least one hour before starting the prep (they will not be absorbed effectively)*
- *You WILL need a driver to take you home — you may not drive for at least 8 hours*
- *WE WILL NOT SEDATE YOU UNLESS WE HAVE THE NAME / PHONE# OF THE PERSON WHO IS TAKING YOU HOME*
- *Your time in our office may vary between 2 to 3 hours depending on several factors*

## Day Before Procedure

Date \_\_\_\_\_

### DIET INSTRUCTIONS

- You may only have CLEAR LIQUIDS the entire day before your procedure
- NO SOLID FOOD should be eaten on this day
- Examples of CLEAR LIQUIDS: strained fruit juices (apple, orange, white grape, white cranberry), limeade, lemonade, coffee, tea (no creamer), chicken or beef broth, gelatin desserts without added fruit or whipped topping
- AVOID RED or PURPLE liquids
- AVOID MILK or ALCOHOL beverages

### LAXATIVE PREP INSTRUCTIONS

- **Morning:** empty 1 pouch A and 1 pouch B into the disposable container; add lukewarm water to the top line of the container and mix to dissolve, then refrigerate.
- **Evening:** Begin drinking your prep solution at **6 pm**. The Movi-Prep container is divided by 4 marks. Every 15 mins, drink the solution down to the next mark until ALL of the solution is consumed.
- Drink 16 oz of a clear liquid of your choice, and continue to take clear liquids until bedtime.
- Prepare the second container of MoviPrep the same way and refrigerate.

## Day Of Procedure

Date \_\_\_\_\_

### LAXATIVE PREP INSTRUCTIONS

- **6 hrs prior to your procedure time**, drink the second container of MoviPrep exactly as you did the first one.
- All of the prep must be consumed no later than 4 hrs prior to your exam.
- Once you have completed the prep, do NOT drink anything else except a few sips of water with any necessary meds.

### GENERAL INSTRUCTIONS

- **ARRIVE** at the office **30 min before** your procedure start time
- Take your heart, blood pressure, and/or stomach medicines with a small amount of water 2 hours before your exam
- If you have asthma, bring inhalers
- Dress comfortably in clothes that can be easily removed/folded
- Do not wear perfume or cologne

### SPECIAL MEDICATIONS

#### BLOOD THINNERS

**Avoid blood thinners starting 7 days before your procedure date if OK with your prescribing physician**

**Examples:**

**ASPIRIN, MOTRIN, IBUPROFEN, ADVIL, EXCEDRIN, ALEVE, BC's, GOODY's, PLAVIX, EFFIENT, PRADAXA, COUMADIN**

#### DIABETES MEDICATION

**Discuss timing of your diabetes medication with your family physician**

#### IRON

**Avoid iron supplements for 7 days before your procedure date**