

**"MOVIPREP" COLONOSCOPY PREP INSTRUCTIONS**

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Appointment Date: \_\_\_\_\_ Time: \_\_\_\_\_  
Evanston G.I. Lab or Glenbrook G.I. Lab  
(847) 570-2236 (847) 657-5780  
or 570-2298

Arrive to the G.I. Lab at: \_\_\_\_\_

**Special Instructions:**

- **Antibiotics are NOT required** before the procedure, even if you require them for dental procedures.
- If you are on a **blood thinner** (Lovenox, coumadin, heparin, Plavix, aspirin), talk to the prescribing physician about whether it can be discontinued prior to the procedure. If so, discontinue the medication 5 days before the procedure. If blood thinners cannot be discontinued, please discuss the matter with the physician who will perform your procedure.
- Do **NOT** take elective pain medication such as naproxen or ibuprofen for 5 days before your procedure.
- **Diabetics should NOT take diabetes medicines the day of the procedure**, but you should bring these medicines with you. If you take **metformin** a **metformin-containing diabetes medication**, do **NOT** take it for 24 hours prior to the procedure. If you have brittle diabetes, talk to your primary doctor or endocrinologist regarding glucose management the day before and the day of the test.
- You should take all your other regular medications every day, including the day of the procedure.
- Patients with **pacemakers** or **automatic implantable cardiac defibrillators (AICD)** must contact the GI lab once the procedure is scheduled. The hospital may require interrogation of your device before and after the test.
- Should you cancel your procedure for any reason we ask that you notify the office at least 24-48 hours in advance or a fee will be charged. Do not page the doctor on call over the weekends for cancellations. Call the GI Lab at 7:30 Monday morning.

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**5 DAYS BEFORE YOUR PROCEDURE and EVERY DAY UNTIL YOUR PROCEDURE:**

- **DO NOT TAKE** any aspirin, aspirin-like medications, or blood thinners if the prescribing physician agrees. **Tylenol is ok** to take.
- **DO NOT TAKE** any iron or iron-containing vitamins.
- **Please arrange for someone to drive you home after the procedure. No cabs.** Because of your sedation, you will not be able to drive after the test.
- You will need to go to the pharmacy and pick up one **MoviPrep kit** available only at the pharmacy (a prescription should be attached to the instructions). If you have difficulty with constipation, also pick up a 10 oz bottle of magnesium citrate. **Don't wait till the last minute.**

**THE DAY BEFORE YOUR PROCEDURE:**

- You must pre-register for your appointment with the hospital by phone. This is separate from the office registration. For either hospital call **888-364-6400**.
- In the morning, mix the 1<sup>st</sup> liter of MoviPrep. Empty "Pouch A" and "Pouch B" into the MoviPrep disposable container. Add lukewarm water to top line of the container. Mix to dissolve and refrigerate.
- For the entire day before your procedure you may **only consume clear liquids**. This means liquids you can see most of the way through, such as Gatorade, iced tea, regular tea, 7-up, apple juice, lemonade, clear soup broth, Popsicles, or Jell-O. **Avoid red or purple colored drinks.** Avoid milk, orange juice and other liquids that are not clear. Black coffee or tea in moderation is acceptable, no cream or dairy.
- **At 8pm** begin drinking the 1<sup>st</sup> liter of MoviPrep that you mixed earlier. The MoviPrep container is divided by 4 marks; every 15 minutes drink the solution down to the next mark. It will be approximately 8 oz each time. After finishing the 1<sup>st</sup> liter of MoviPrep, drink 16oz or more of clear liquid of your choice over the next 2 hours.
- **At 10pm** mix the 2<sup>nd</sup> liter of MoviPrep and refrigerate as above.
- **Nothing by mouth after midnight** except your medications, the second dose of laxative, and mag citrate if needed.

**THE MORNING OF YOUR PROCEDURE:**

- **Drink the second half of the solution 3 hrs** before your scheduled time the day of your procedure. This means you may be up very early.
- **If your stools are not clear by 7AM**, drink a bottle of magnesium citrate. Stools should look yellow/clear with no fecal material or solid particle
- **Do not take** your diabetes medications. Bring your medications with you. We can check your blood sugar at the G.I. Lab and instruct you if need Take your usual other medications with a little water.
- Report to the G.I. lab a half hour before your scheduled appointment time. You should expect to be in the G.I. lab for approximately 2-3 hours. **Please arrange for someone else to drive you home.** No taxi's or buses are allowed. A Medicar is available through the hospital but you need to make advance arrangements.

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## THE WEEK AT A GLANCE

5 days before	The morning before the procedure	8pm the day before the procedure	Day of the procedure
No NSAID's (aspirin like medications) taken for non-medical reasons  No iron  No Coumadin, aspirin, or Plavix if your primary doctor agrees  Pick up Moviprep	Mix the 1 <sup>st</sup> liter of Moviprep and refrigerate it  Clear liquids only  Discontinue metformin-containing diabetes medications  Pre-register with the hospital	Drink the 1 <sup>st</sup> liter of Moviprep then  Mix the 2 <sup>nd</sup> liter of Moviprep and refrigerate it overnight	Drink the 2 <sup>nd</sup> Liter of Moviprep at least 3 hours before your procedure  Arrive to the G.I. Lab 30 minutes early  Have a ride home

### A note about sedation:

As a matter of routine, all cases are done under guidelines for conscious sedation. This means you will be sedated (awake but relaxed) but arousable and interactive. No people refer to this as "twilight anesthesia". General anesthesia is not done for colonoscopy anywhere in the country for routine purposes. Our ability to sedate you is dependent on a number of factors, for example your health history or use of sedatives. If you have special needs, we encourage you to make an office appointment rather than schedule directly for a procedure. The number one limitation on our ability to sedate you is your breathing, so be aware of the need for slow but deep breathing throughout.

### A note about thoroughness of the preparation:

The published literature recognizes that even in the best of hands there is a small but very real miss rate with colonoscopy. The cleanliness of your prep is directly proportional to the likelihood of finding all the polyps in your colon. It is for this reason that we emphasize following the preparation instructions. Not eating does not clean the colon. Enemas alone will not clean the whole colon. There is no "pill prep" that is universally safe. And no prep is easy!

### A note about timeliness:

Although the appointment time is reserved for you and we make every effort to run on time, sometimes emergencies occur which disrupt the scheduled procedure time. These may be emergencies handled by your doctor or other physicians sharing the same facilities. We thank you in advance for your patience and understanding in allowing us to care for more acutely ill patients. We know you have worked hard to prepare for this test. We will work hard to make it worth your time and effort.

### Afterwards:

Biopsies, polyp samples, and other additional tests will require some time to process. We ask that you call the office in one week to discuss the final results, unless you have been advised otherwise directly by your physician.

**If you have any questions or issues about these instructions, call the office well in advance. If you have any urgent issues the night before, you can page the physician through the office number.**