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Colonoscopy Prep Instructions – **MOVIPREP** – Split Dose Prep

PLEASE READ ALL INSTRUCTIONS CAREFULLY WHEN PROCEDURE IS SCHEDULED



A Colonoscopy has been recommended to you. This examination involves guiding a tubular, flexible instrument through the rectum and into the entire colon. The preparation for the procedure is **IMPORTANT**. It does cause diarrhea and possibly abdominal cramping.

CLEAR LIQUIDS APPROVED LIST

NO RED or PURPLE

Must be something you can see through...



- Gatorade or Powerade
- Clear broth or bouillon – chicken or beef
- Coffee or Tea (no milk or non-dairy creamer)
- Carbonated and non-carbonated soft drinks
- Kool-aid or Crystal Light
- Fruit Juices (NO PULP)
- Jell-o, Popsicles, or Italian Ice

DON'T FORGET – these foods are NOT ALLOWED!



- Milk or Milkshakes
- Cream or non-dairy creamer
- Orange, Grapefruit, or Tomato Juice
- Creamed soups or any soup other than broth
- Oatmeal or Cream of Wheat
- Pudding or yogurt

Colon Cleansing Tips

- You may use over the counter hydrocortisone creams, tucks pads, or baby wipes as necessary for skin irritation. Be sure to get alcohol free!
- Chill the solution in the refrigerator or by placing in a bowl of ice. DO NOT add ice to the solution.
- Stay near the toilet! You will have diarrhea, which can be quite sudden...this is normal!
- If you experience nausea or vomiting, rinse your mouth with water and take a break ☺. Wait 45 minutes and then resume drinking the prep. If necessary, slow down, let your stomach settle between glasses.
- It is common to experience abdominal discomfort until the stool has flushed from your colon.
- Some find it easier to drink through a straw.
- Eventually, your stools will be liquid and clear enough to see the bottom of the toilet.
- If you feel for any reason your prep is not working, please be sure to call us so we can assist you in completing the prep process.
- **EVEN AFTER STOOLS BECOME CLEAR YELLOW LIQUID – YOU MUST DRINK ALL OF THE PREP!**

THINGS TO BRING WITH YOU

- ✓ **A RESPONSIBLE DRIVER**
- ✓ **YOUR INSURANCE CARDS**
- ✓ **A PHOTO ID**
- ✓ **SIGNED PAPERWORK FOR THE FACILITY**