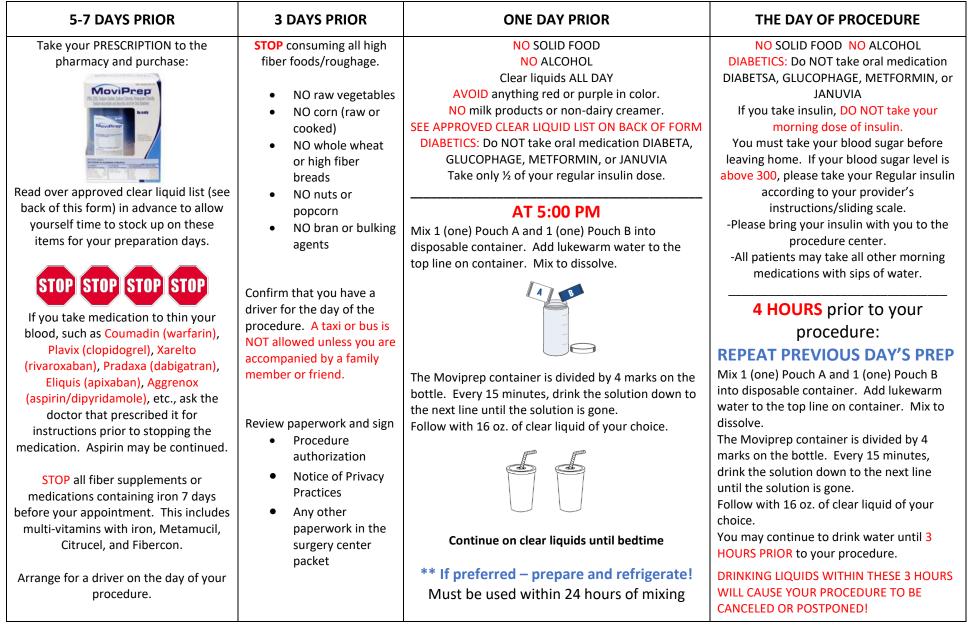


Martin Shill, MD

702.901.0673

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 (3).
 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