



**Dr. Simon Cofrancesco**  
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## MOVIPREP BOWEL PREP FOR COLONOSCOPY (SPLIT DOSE)

### 1 WEEK BEFORE THE EXAM

- Please inform your doctor if you take insulin, diabetes medications, clopidogrel (Plavix), warfarin (Coumadin), Pradaxa or other blood thinners.
- Please follow your doctor's specific instructions regarding these medications.
- Pick up the colon cleansing medication from your pharmacy.

### 3 DAYS BEFORE EXAM

- **Do not eat** fruits, corn, beans or any food with seeds

### 1 DAY BEFORE EXAM (Date) \_\_\_\_\_

- **No solid food all day** – only **clear liquid diet (NO RED OR PURPLE color)**, including:
  - Water, clear broth, coffee or tea (without milk or creamer)
  - Sport Drinks such as Gatorade, Powerade, Propel or Vitamin Water (NO RED OR PURPLE)
  - Fruit flavored drinks such as Crystal Light, Kool-Aid, Capri Sun (NO RED OR PURPLE)
  - Apple juice, white cranberry juice, carbonated beverages or soda (NO RED OR PURPLE)
  - JELL-O, Italian ices, ice popsicles, sorbet, hard candy (NO RED OR PURPLE)
  - NO juice with PULP or MILK
- **BOWEL PREP INSTRUCTIONS:**
  - At 1pm, add 1 pouch "A" and 1 pouch "B" to a single container. Add lukewarm water to the top line of the container. Repeat for the second container. Refrigerate both containers..
  - At 6pm, drink first container – 8 oz. every 15 minutes until the full liter is consumed. Drink additional 16 oz. of any clear liquid to ensure adequate hydration and an effective prep.
  - Continue clear liquid diet until midnight

### DAY OF THE EXAM (Date) \_\_\_\_\_

- **FOUR HOURS** prior to your scheduled procedure time, drink the second bottle of Moviprep. This means drink 8 oz. every 15 minutes until full liter is consumed. Drink additional 16oz. of any clear liquid. This part of the bowel prep takes about 1 hour. You must finish prep at least 3 hours before your procedure time.
- DO NOT EAT ANY SOLID FOOD.
- DO NOT DRINK ANYTHING **3 HOURS** PRIOR TO YOUR PROCEDURE
- Please take your heart and blood pressure medications with a small sip of water.
- Please arrive to the outpatient surgery center/ hospital **1.5 hours** before your procedure time.
- Please make sure you have an adult over the age of 16 with you the ENTIRE TIME of the procedure.