For Scheduling Changes, please call:

Reno (775) 329-4600  South Meadows (775) 852-4848  Carson (775) 884-4567  Minden (775) 783-8650

Patient Name: ________________________________ Appointment Date: _________

Check-in Time: ____________

☐ Reno Endoscopy Center
☐ South Meadows Endoscopy Center
☐ Carson Endoscopy Center
☐ Other ______________________

**COLONOSCOPY PREPARATION**

**Moviprep Bowel Preparation**

Please read the following instructions carefully at least one week prior to your exam. The most important part of a successful Colonoscopy is the preparation. Adequate cleansing of your colon prior to the examination is crucial for good results. **You must drink plenty of water in order for the preparation to be effective.** If you need further information about your procedure, please call our procedure facility prior to your exam so we may take care of any concerns well ahead of time.

**Medication and Diet Instructions**

**5 days before procedure**

Stop eating any food that contains the fat free substitute OLESTRA; which is usually fat free potato chips or fat free margarines.

Do not take any supplements containing fish oil.

Purchase your bowel preparation from the drug store. The preparation comes in powder form and you will need to mix it with water. **Please do not mix the solution until the day you are instructed to drink it.**
2 days before the procedure

Do not eat any beans, corn, tomatoes, cucumbers, nuts or foods containing seeds such as poppy, sesame, or sunflower. The fiber from these foods can clog the colonoscope. **If you tend to be constipated**, take an ounce of Milk of Magnesia on this day, so you will not be as constipated when you take the preparation solution tomorrow.

Special Considerations

Please contact our office immediately if you have any of the following medical conditions and have not discussed them with us:

- You take Coumadin (warfarin) or Plavix
- History of excessive bleeding during previous surgery or dental extraction
- You have an artificial heart valve or any other condition requiring antibiotics
- You have diabetes
- You have a history of kidney (dialysis) disease.

Diet Instructions

The day before your procedure:

Begin a clear liquid diet starting at breakfast and drink only clear liquids all day. **Solid foods, milk and milk products are not allowed.**

Avoid any products (including Jell-O) that are colored red, purple or green, as these will interfere with your test.

Clear liquids include:

- Water
- Clear fruit juice, pulp free, (apple, white grape juice, white cranberry juice)
- Gatorade
- Clear broth or bouillon
- Jell-O, no red, green, or purple. (without added fruit or toppings)
- Lifesavers
- Popsicles, no red, green, or purple.
- Tea
- Soft drinks

**Take all of your normal prescription medications**, unless advised otherwise. Avoid Alcohol.

It is very important to drink plenty of water and other clear liquids throughout the day in order to avoid dehydration and to flush the bowel.
PREPARING AND TAKING THE MOVI PREP

The MoviPrep carton contains 4 pouches (2 “A” pouches and 2 “B” pouches) and a disposable container for mixing. You must complete the entire prep to ensure the most effective cleansing. The solution may be mixed up to 24 hours ahead of time and refrigerated prior to drinking. The reconstituted solution must be used within 24 hours.

**The day before your procedure:**
Remember no solid food, clear liquids only!

**Between 5 and 8 pm, the day before your procedure.**

**Step 1:** Empty 1 Pouch A and 1 Pouch B into the disposable container. Add lukewarm drinking water to the top line of the container. Mix to dissolve. (This may be done ahead of time in the morning and chilled until time to drink.)

**Step 2:** The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark, (approximately 8oz), until the full liter is completed. After drinking the MoviPrep, drink at least an additional 16oz of the clear liquid of your choice. It is best to drink each glass rapidly rather than sip it. Drinking the solution through a straw may make it easier to drink. Feelings of bloating, nausea or chilling are common after the first few glasses. This is only temporary and should disappear once bowel movements begin. If you develop vomiting, slow down the rate at which you drink the solution. Please attempt to drink it all even if it takes you longer. If vomiting persists, stop the preparation and call our office or the physician on call for further instructions. Individual responses to laxatives vary. This preparation will cause multiple bowel movements so stay close to a bathroom. Continue your clear liquid diet.

**The morning of your procedure:**
Remember no solid food, clear liquids only!

**5 hours before your procedure time** (not your check in time), at ______, repeat your prep:

**Step 1 and 2:** Follow the same steps as above. After drinking the MoviPrep, drink an additional 16oz of the clear liquid of your choice.

Complete this second prep and the additional fluids within one hour from start time. Follow the general tips outlined above for drinking the prep

**4 hours before your procedure time** DO NOT DRINK ANY MORE FLUIDS

Nothing more to drink until after your procedure.
ADDITIONAL INFORMATION FOR THE DAY OF THE PROCEDURE

- Eat no solid foods.
- You may have small quantities of clear liquids up to 4 hours prior or your procedure.
- Take your usual morning medications, especially those for blood pressure. If you are diabetic, wait until after the procedure to take your usual dose of insulin or oral medication. Do not take the medication until you have eaten a full meal.

GENERAL INFORMATION

- Leave all jewelry and valuables at home.
- Your dentures will be removed during the exam for safety reasons.
- Do not forget to arrange for transportation home after the procedure. You must have someone to drive you home. Since you have been sedated you will be unable to drive for the remainder of the day. You will not be able to operate any machinery or go to work until the following day.
- If leaving by taxi, you will not be allowed to leave by yourself. You must be accompanied by a friend or relative.
- Co-Pay, Co-Insurance and Deductible amounts are due at the time of service. Please be prepared to pay for these fees on the day of your procedure.
- If you are coming from out of town or staying at a place other than your main residence, please call our office and leave a number where you can be reached.

Reno Endoscopy Center (775) 329-1009
South Meadows Endoscopy Center (775) 852-1886
Carson Endoscopy Center (775) 884-8818
All Out of Town Patients (800) 442-0041