



DIGESTIVE HEALTH ASSOCIATES
PROFESSIONAL CORPORATION

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Colon Cleanse Preparation for Colonoscopy

With split dose MoviPrep®

Please read these instructions at least three days before your scheduled colonoscopy.

You will be given a sedative for this procedure, and will not be able to drive until the following day. **YOU MUST ARRANGE IN ADVANCE FOR SOMEONE TO DRIVE YOU HOME.**

The purpose of the prep is to cleanse your colon. A clean colon is necessary for us to provide a safe, comfortable and accurate examination. **Failure to perform your colon cleanse properly could result in the doctor having to stop the procedure without completing it, leading to the additional costs and inconvenience of a repeat procedure.** Please don't hesitate to call us if you have any questions.

At least three days before your procedure: Verify that our office has sent a prescription for this prep to your pharmacy. Some pharmacies do not stock this product. Allow for 24 hours for special orders. Pick up your prescription 2 days before your procedure to ensure that you have what you need in time.

Two days before your procedure: Avoid foods containing seeds or fibrous skins (such as tomatoes, corn, lettuce, cucumbers, fruits) until your examination has been completed. *If you normally have a bowel movement less frequently than once a day, take a full adult dose of Milk of Magnesia at bedtime (typically 4 TBSP of liquid form, or 8 chewable tablets).*

One day before your procedure:

Consume a regular diet (avoiding seeds and fibrous foods) until 6 PM. After 6 PM, you may not eat solid foods again until after your procedure is complete.

The MoviPrep® carton contains 4 pouches and a disposable container for mixing. You must complete the entire prep to ensure the most effective cleansing.

Part 1: Beginning at 6:00 PM, empty 1 Pouch A and 1 Pouch B into the disposable container. Add lukewarm drinking water to the top line of the container and mix to dissolve. The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 ounces) until you have completed the full liter of solution. After you have finished drinking the full liter of solution, drink at least 16 ounces of clear liquids (water, soda or clear juice such as cranberry or apple).

You may feel bloated and nauseated as you drink. Some individuals may vomit. These side effects are temporary, and most individuals can successfully complete the prep. Within an hour or so of starting most individuals will begin having bowel movements that will progress to clear yellow diarrhea.

The day of your examination:

Part 2: Four hours prior to your arrival time take any necessary medications and repeat the procedure described above in Part 1 with the second set of pouches enclosed with your prep kit.

Morning Procedures: Do not eat or drink anything after completing your prep.

Afternoon Procedures: You may continue to drink clear liquids up until 2 hours before your arrival time.