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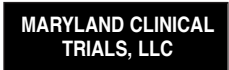
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# PREPARATION INSTRUCTIONS FOR COLONOSCOPY

(Prescription Required)

**MOVI PREP  
PM PROCEDURE**

**Date of Procedure** \_\_\_\_\_

**Arrival Time** \_\_\_\_\_

**Procedure Time** \_\_\_\_\_

**PLACE**

- MD Center for Digestive Health  
Bestgate Medical Clinic  
820 Bestgate Road, Suite 1A  
Annapolis, MD 21401
- AAMC (Anne Arundel Medical Center)

## INSTRUCTIONS

**GENERAL INSTRUCTIONS:**

- Please notify the office at least one week prior to procedure if you are taking medications for diabetes or if you are taking blood thinners including Plavix, Coumadin and Warfarin. (Please bring a list of current medications you are now taking.)
- Because medications you will receive will make you drowsy, you will not be a competent driver. You must make arrangements for someone to drive you home. Your transportation provider must wait for you.

**SEVEN DAYS PRIOR:**

- Discontinue aspirin products, iron tablets, blood thinners, herbal products, vitamins and dietary supplements one week prior to colonoscopy unless otherwise advised by your physician.
- Discontinue ibuprofen (Advil, Nuprin or Motrin) or other non-steroidal (NSAID) anti-inflammatory medications for seven days prior to colonoscopy. You may take Tylenol if needed. (Celebrex and Bextra are okay.)

**DAY OF PROCEDURE:**

See reverse for additional instructions.

**PATIENT RESPONSIBILITY**

IT IS YOUR RESPONSIBILITY TO CHECK WITH YOUR INSURANCE COMPANY REGARDING PRE-AUTHORIZATION AND ANY REFERRALS NECESSARY FOR THIS PROCEDURE. YOU WILL NEED TO PRESENT A CURRENT PHOTO ID, VALID INSURANCE CARD AND VALID REFERRAL, IF REQUIRED. YOU WILL BE EXPECTED TO PAY ANY COPAYMENTS, COINSURANCE, DEDUCTIBLES AND OUTSTANDING BALANCES AT THE TIME OF YOUR APPOINTMENT. IF YOU ARE NOT PREPARED TO PAY THE FEES DUE, YOUR APPOINTMENT MAY BE CANCELLED.

PLEASE LEAVE VALUABLES AT HOME OR WITH THE RESPONSIBLE TRANSPORTATION PROVIDER. PLEASE BRING YOUR EYEGLASSES, IF APPLICABLE, AS WELL AS SUFFICIENT CASH, CREDIT CARD OR CHECK FOR YOUR FINANCIAL RESPONSIBILITY.

IT WILL BE NECESSARY FOR YOUR TRANSPORTATION PROVIDER TO WAIT FOR YOU.

*Anne Arundel Gastroenterology Associates provides medical services regardless of race, color, age, national origin, sex, religion, or handicap. If you are hearing impaired or have a language barrier, please notify our office.*

# **MOVI PREP FOR AFTERNOON PROCEDURE**

(Prescription Required)

## **FOLLOW THESE INSTRUCTIONS**

The solution is designed to wash your intestinal tract. It is not absorbed into the body and avoids the need for enemas.

For the best possible examination, the colon must be completely empty of waste materials, so only liquids should be taken the entire day before the procedure.

**Take your usual medication as you normally do on the day of your exam unless directed differently by your doctor.**

### **I. DAY BEFORE THE EXAM: LIQUID DIET ONLY (BREAKFAST, LUNCH, DINNER)**

Liquids Allowed:

Coffee (no more than 8 ounces), tea, coffee substitutes, carbonated beverages  
(No more than 16 ounces dark colored colas)

Jello gelatin without food particles, and not red in color, ices

All strained fruit juices (no red coloring)

Broth, bouillon

Do not consume red colored liquids

No solid food allowed.

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

III. FOR AN AFTERNOON EXAMINATION, START DRINKING THE SOLUTION AT BETWEEN 7 P.M. & 8 P.M. THE DAY BEFORE THE EXAM.

- a. Empty 1 pouch A and 1 pouch B into the disposable container. Add luke warm drinking water to the top line of the container. Mix to dissolve.
- b. The container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (8 oz.) until the container is empty.
- c. Drink 16 oz. of a clear liquid of your choice.
- d. Beginning about 7:30 A.M., the day of the exam, repeat steps a, b and c.
- e. The oral colon lavage may be mixed with one package of lemonade Crystal Light (found in the powdered beverage section of your supermarket), or a flavor package dispensed by your pharmacy, if desired. Do not refrigerate for more than two hours.
- f. If you experience nausea or severe bloating during the prep, wait until this passes before continuing to drink. If movements continue to contain solid material, then administer tap water or Fleet enema. If you are having difficulty with the prep, please refer to Frequently Asked Questions. If you have additional questions, please call 410-224-2116 so that we may advise you.
- g. Do not eat anything on the day of the exam. You may have sips of water, tea or black coffee up to 4 hours prior to your exam once your prep is completed. You may brush your teeth.
- h. If you are having an upper endoscopy also, you may not drink for 4 hours prior to your procedure.
- i. If your exam is at AAMC, you may not drink after midnight.