

EUGENE Y. LEE, M.D.
Mid-Peninsula Endoscopy Center
1720 El Camino Real, Suite 100
Burlingame, CA 94010
650-373-1970

MORNING MOVIPREP COLON PREP

*Please read this at least 1 week prior to your procedure. You may find a coupon for the MoviPrep at www.moviprep.salix.com. You may find more info at our website www.mygidocors.com under heading "Your Procedure."

2 DAYS BEFORE PROCEDURE:

No Roughage (no uncooked vegetables, salads, seeds, nuts, corn, popcorn, skin of fruit).

DAY BEFORE PROCEDURE:

Diet: You may have light breakfast (i.e. scrambled eggs, white toast). Diet for the rest of the day is restricted to clear liquids. Drink at least eight 8 oz. glasses, preferably more:

Broth or bouillon (chicken, vegetable, or beef)

Apple or white grape juice, orange juice (no pulp), ginger ale, 7-up, sodas

Light coffee (no cream), tea, water, lemonade, Gatorade, Jell-O (not red), popsicles

No Cranberry juice. Nothing red or dark in color. No milk products. No alcohol.

Prep: Begin drinking the MoviPrep at **5 p.m.** Empty the contents of 1 pouch A and 1 pouch B into the container and add lukewarm water to the fill line. MIX WELL. Drink 8 oz. glass (to next lower mark line) every 15 minutes until you have finished the solution. *If you have difficulty, try using a straw and suck on lemon or hard candy after each glass to reduce after-taste.* Fill the container with 16 oz. of clear liquid of your choice and drink all of this liquid before going to bed. Keep the container.

**Temporary nausea, headache, bloating, or abdominal cramping sometimes occur. If necessary wait 15-30 minutes until these symptoms pass before drinking more liquids. Bowel movements generally start within an hour and may continue for 3 or 4 hours. Consider using petroleum jelly, A & D ointment, or Desitin around anus after each bowel movement to minimize irritation. It is important to drink enough to avoid dehydration. If vomiting occurs or you have no bowel movements, please contact us for further instructions.*

DAY OF EXAM:

Drink the second dose of MoviPrep the same way as above starting **at least 4 hours before your colonoscopy appointment.** MIX WELL. Fill the container with 16 oz. of clear liquid and drink all of this liquid at least 2 hours before your appointment. Remember to take NOTHING BY MOUTH 2 HOURS BEFORE YOUR PROCEDURE.

***Do not take ibuprofen, Advil, Aleve, Motrin (NSAIDs) for at least 3 days prior to procedure.**

***Please stop Plavix, Coumadin, or any other blood thinners 3 DAYS BEFORE procedure unless instructed otherwise by your physician.**

***Do not take any medications on the day of your procedure unless otherwise instructed by your physician.**

***IF YOU HAVE ANY QUESTIONS, CALL HELPLINE AT 1-855-4MOVIRX, OR THE OFFICE AT 650-342-7432 TO SPEAK WITH THE DOCTOR ON-CALL.**

***IF YOU MUST CANCEL YOUR PROCEDURE, PLEASE NOTIFY OUR OFFICE AT LEAST 3 BUSINESS DAYS IN ADVANCE SO THAT WE MAY GIVE THAT SPACE TO ANOTHER PATIENT. We appreciate it! There is a \$100 charge for late cancellation.**