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PREPARATION INSTRUCTIONS FOR COLONOSCOPY

FACILITY INSTRUCTIONS

The facility does not schedule the times for the colonoscopies until the day before.

Someone from the facility will call you **the afternoon before** the colonoscopy with the time to arrive.

___ Mat-Su Regional Medical Center (907) 861-6858

___ Surgery Center of Wasilla (907) 631-3578

YOU MUST MAKE ARRANGEMENTS FOR SOMEONE YOU KNOW TO DRIVE YOU HOME. You may not drive for the rest of the day once the procedure is completed. You **CANNOT** take a cab home.

MoviPrep TWO-DAY Method - COLON CLEANSE INSTRUCTIONS

PLEASE READ THESE INSTRUCTIONS SEVERAL DAYS BEFORE YOUR PROCEDURE.

Purchase from a Pharmacy:

- A MoviPrep Bowel Preparation Kit from a pharmacy. A prescription will be provided.
- 2 - 10 oz Bottles of Magnesium Citrate

FOLLOW THE INSTRUCTIONS BELOW AND NOT THE INSTRUCTIONS THAT ARE INCLUDED WITH THIS KIT

TWO DAYS BEFORE YOUR COLONOSCOPY – HAVE A CLEAR LIQUID DIET ONLY. NO SOLID FOODS.

Clear liquids include water, coffee, tea, Gatorade, carbonated and non-carbonated soft drinks. All the clear juices: apple, white grape. Jell-O, popsicles, and clear soups: bouillon or broth. Sugar or artificial sweeteners are allowed.

NOT ALLOWED ON A CLEAR LIQUID DIET: Dairy products: milk, cream, soy, artificial creamer, or pulpy juices like orange, grapefruit, pineapple, tomato and V-8. No alcoholic beverages.

STEP 1: At 9: 00 AM - Drink one bottle of Magnesium Citrate

STEP 2: AT 6:00 PM – Drink the second bottle of Magnesium Citrate

ONE DAY BEFORE YOUR COLONOSCOPY – Continue a Clear Liquid Only Diet.

STEP 3: AT 3:00 PM - MIX FIRST DOSE OF MoviPrep SOLUTION

- Empty **one** Pouch A and **one** Pouch B into the disposable container. **The other two packets are to be used for the second dose in Step 3 of this prep.**
- Add lukewarm drinking water to the top line of the container. Cap the bottle and shake to dissolve the powder.
- The mixed solution will be clear. Do not add anything other than the provided flavor packs to the solution.
- If you would like to drink the solution cold, store it in the refrigerator until it is time to start drinking.

STEP 4: AT 4:00 PM - START DRINKING THE MoviPrep SOLUTION:

- Drink one (8oz) glass every 30 minutes (about 4 glasses). Drink each glass steadily, at your own pace. **Do not “chug” it.** If you experience nausea, slow down in drinking the mix and try taking a few sips of one of the clear liquids listed above.
- A watery bowel movement should begin in approximately 1 hour or less. **Be sure to drink ALL the solution.**
- You may also have other clear liquids while drinking the MoviPrep solution.

THE DAY OF YOUR COLONOSCOPY - Continue a Clear Liquid Only Diet.

STEP 5: 5 Hours before your scheduled arrival time (or earlier) -- MIX THE REMAINING Pouch A and Pouch B following same instructions from STEP 3.

- **4 hours before your scheduled arrival time** drink the second dose following the same instructions in **STEP 4.**
- Finish drinking the MoviPrep solution at least **2 HOURS PRIOR TO ARRIVAL TIME** then nothing by mouth.