



3674 E. Meridian Loop
Wasilla, AK 99654

907-373-8100
907-373-3674
matsusurgical.com

- Garth LeCheminant, MD
- David Morrow, MD, FACS
- Iuliana Bobanga, MD, FACS
- Thomas Knolmayer, MD, FACS
- Jennifer Lemert, NP, CWOCN-AP

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 2500 S. Woodworth Loop Palmer, AK 99645 Phone: (907) 861-6338
____ Surgery Center of Wasilla 3190 E. Meridian Park Loop Ste. 111 Wasilla, AK 99654 Phone: (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.
- No prescription needed for: Miralax (1 large bottle – 8.3 oz or 238 grams), Gatorade (64 oz bottle), Dulcolax or bisacodyl tabs (5 mg)

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 – Take 4 Dulcolax tablets with an 8 oz glass of water and drink all of it.

STEP 2: AT 3:00 PM – Mix the entire bottle of Miralax powder into the 64 oz bottle of Gatorade. Shake or mix the solution until fully dissolved. (You may chill) Start drinking Miralax/Gatorade solution. You will drink an 8 oz glass every 30 minutes until solution is gone.

ONE DAY BEFORE YOUR COLONOSCOPY – Continue a Clear Liquid Only Diet. **NO SOLID FOODS.**

STEP 1: 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 2: 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. **NO SOLID FOODS.**

STEP 3: 5 Hours before your scheduled arrival time (or earlier) -- MIX THE REMAINING Pouch A and Pouch B following same instructions from STEP 1.

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