

## 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 Split Dose Method - COLON CLEANSE INSTRUCTIONS

**PLEASE READ THESE INSTRUCTIONS SEVERAL DAYS BEFORE YOUR PROCEDURE.**

Purchase a MoviPrep Bowel Preparation Kit from a pharmacy: A prescription will be provided.

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

**THE ENTIRE DAY 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 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.

#### STEP 3: THE DAY OF YOUR COLONOSCOPY

- 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.