

SAN JOSE GASTROENTEROLOGY

Phone (408) 347-9001 | Fax (408) 347-9004 | www.sjgi.com | contact@sjgi.com

INSTRUCTIONS FOR COLONOSCOPY BOWEL PREPARATION with MOVIPREP (SPLIT-DOSING)

**** ONE (1) WEEK BEFORE THE COLONOSCOPY:**

For the best possible examination, please follow the instructions below carefully:


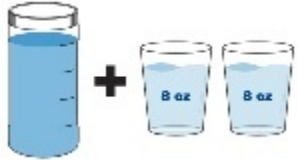
- **STOP** iron pills, vitamins, herbs and supplements. **AVOID** vegetables, seeds and fibers (berries, multigrain bread, popcorn)
- **STOP ALL** medications that thin the blood (Coumadin/warfarin, Plavix/clopidogrel, Effient) as advised by your doctor. It is important that you contact your primary care physician to get approval when stopping these medications. Do not stop aspirin.
- **OBTAIN** MoviPrep from your pharmacy. If this medication is replaced due to insurance requirement, please contact our office, (408) 347-9001, **AND *****STILL FOLLOW SPLIT DOSE INSTRUCTIONS*****.**

****ONE (1) DAY BEFORE THE COLONOSCOPY:**

- **CONTINUE** to take all diabetes medications regardless of taken time in morning or evening daily.
- **REDUCE** morning and evening doses of long acting insulin by one half.
- You will be on a **CLEAR LIQUID DIET FOR THE ENTIRE DAY. Do not fast or starve yourself. DO NOT eat any solid food for a full 24 hours prior to your colonoscopy.**


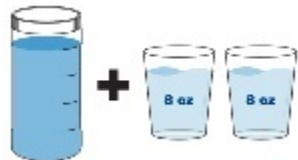
For a full 24 hours prior to the colonoscopy, you must be on a clear liquid diet limited to water and the following:		DO NOT eat solid food DO NOT chew gum DO NOT drink any of the following: <ul style="list-style-type: none">▪ NO red or purple liquid▪ NO liquids that you can't see through▪ NO alcoholic beverages▪ NO milk products
Black coffee (no milk / no cream) Tea (black, green) Gatorade (clear) Popsicle w/o fruit or seed	7-UP Clear broth Apple Juice Jello (No red or purple)	

AT 6 PM: Follow the instructions below to mix and drink your medication

	<p>Follow the instructions below to mix and drink your FIRST dose.</p> <ul style="list-style-type: none">- Empty 1 pouch A and 1 pouch B into the disposable container- Add lukewarm drinking water to the top line of the container. Mix to dissolve <p>If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.</p>
<p>1st DOSE AT 6 PM</p> 	<p>6 PM: The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz), until the full liter is consumed.</p> <p>7 PM: Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep. NO MORE Jell-O after midnight</p>

**** ON THE DAY OF THE COLONOSCOPY: 4 HOURS BEFORE YOUR PROCEDURE**

STOP all diabetes medications before procedure time. **OK** to resume all medications after procedure.

	<p>Follow the instructions below to mix and drink your SECOND dose.</p> <ul style="list-style-type: none">▪ Empty 1 pouch A and 1 pouch B into the disposable container▪ Add lukewarm drinking water to the top line of the container. Mix to dissolve <p>If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.</p>
<p>2nd DOSE</p> 	<ul style="list-style-type: none">▪ The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz), until the full liter is consumed.▪ Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep.

- **NOTE:** If you have nausea or vomit, **DO NOT STOP** taking the laxative. Rest for 30 minutes and then resume the preparation as soon as the nausea improves

- **After 3 hours, if there is no bowel movement, take 6 tablets of Dulcolax with plenty of water. (Dulcolax can be obtained over the counter)**
- **3 HOURS BEFORE YOUR PROCEDURE:** No eating or drinking until after your procedure.

PLEASE BE AWARE THAT:

- You must have a responsible adult (age 18 or older) to drive you home after your procedure. This does not include rideshare such as taxi, Uber. The sedative medication makes it unsafe to drive on the day of the procedure. **If you do not have a chaperone to drive you home, the appointment may need to be cancelled.**
- **You should not work after the colonoscopy. Plan to take the day off from work.**
- **DO NOT** bring children to your appointment. Leave jewelry and valuable items at home.



BRING all of your daily medication to the colonoscopy

TAKE your heart/blood pressure medication with *small sips of water before you come to your procedure*



If your colon output is **NOT** a clear yellow color or similar to water color after the laxative cleansing, inform the nurse when you arrive for your procedure.

If you have any questions, please contact our office at [408-347-9001](tel:408-347-9001). If you need to reschedule or cancel your appointment, please contact us at least **3 business days** in advance before your procedure.

Thank you very much for your cooperation.