

Colonoscopy Prep Instructions-MoviPrep

www.gigeorgia.com
Main Line: 678.741.5000

AUSTELL OFFICE
1700 Hospital South Drive
Suite 502
Austell, GA 30106
Phone: 770.739.9555
Fax: 770.941.2109

KENNESTONE OFFICE
61 Whitcher Street
Suite 3100
Marietta, GA 30060
Phone: 770.429.0031
Fax: 678.819.4279

Arif A. Aziz, MD
David C. Ballard, III, MD
Francisco J. Cardenas, MD
Anish A. Desai, MD
David Finkelman, MD, MBA
William C. Fortson, MD
Suku George, MD, MPH
Sachin Goel, MD
Jeffrey L. Kim, MD
Ross A. Kommor, MD
Jack R. Koransky, MD
Subodh K. Lal, MD
Anuj Paul Manocha, MD
Kyriakos M. Michaelides, MD
Judy Oh, MD
Priti Pandya, MD
Michael S. Perkel, MD
Harry Piyasena, MD
Ritesh Shah, MD
Aasim M. Sheikh, MD
Robert M. Strauss, MD
Kimberly Clay, FNP-C
Paula Guenther, NP-C
Tracy Jones, NP-C
Nina Loftus, NP-C
Michelle Lovett, NP-C
Linda S. Stariha, NP-C
Lynn Wilkins, NP-C

You have been scheduled for a colonoscopy. A colonoscopy is the procedure during which the doctor inserts a lighted flexible endoscope and looks inside your colon to check for polyps (abnormal tissue growths) or any other abnormal areas of tissue.

Before your test there are several steps that you need to take to clean out your colon in order for the doctor to be able to see the entire colon and do the best test possible.

Your appointment is at _____ on _____ at _____ with an arrival time of _____ and is scheduled with Dr. _____.

Please stop taking iron supplements or any multi-vitamins containing iron 7 days prior to the test. Please do not take Ibuprofen or Aleve for 5 days prior to your procedure. If you are on **ASA, Lovenox, Aspirin, Coumadin, or Plavix** and have not been instructed on what to do with these medicines contact our office immediately.

The day before your test:
No Solid Foods the entire day. You are only allowed to have a clear liquid diet. This means that you are only allowed to have the following foods:

- A.) Juices: all clear juices such as apple and white grape. No Orange, pineapple, tomato, grapefruit or any other juices that have pulp or are cloudy.
- B.) Beverages: coffee, tea, carbonated beverages such as Coke, Pepsi, Sprite, 7-Up, Ginger-Ale etc.
- C.) Broths: clear chicken, beef, or vegetable broth. No noodles, rice, vegetables, or creamy soups.
- D.) Desserts: Jell-O, Popsicles, slushies, snow-cones, hard candies. None that are colored red or orange.
- E.) Seasonings: Salt

Please do not forget to have someone come with you that can drive you home after the test. If there is not a driver with you, your test will not be done. This person must be present during your procedure. If you have any questions about these instructions please call our office at 770-739-9555

Movi Prep Instructions

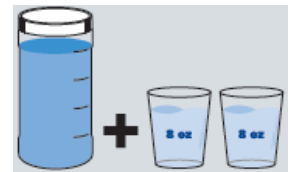
- * You may mix the solution ahead of time and refrigerate prior to drinking. The solution once mixed **must be used within 24 hours.**
- Empty 1 pouch A and 1 pouch B into the disposal container.
- Add lukewarm drinking water to the top line of the container. Mix to dissolve.



Starting at 6:00 PM the Evening Before Your Procedure:

The MoviPrep container is divided by 4 marks.

- Every 15 minutes drink the solution down to the next mark (approximately 8 ounces), until the full liter has been completed.



Over the course of the evening, drink a half liter of additional clear liquid.

Starting 4 hours before your exam:

For example if your procedure is at 8 AM, start at 4 AM

- Drink the second liter of solution following the same process completed the evening before: Every 15 minutes drink the solution down to the next mark (approximately 8 ounces) until the liter has been completed. Time to complete = 1 hour
- Drink additional half liter (16 ounces) of clear liquid. Time to complete = ½ hour.

- **THIS MUST BE COMPLETED AT LEAST 2 1/2 HOURS BEFORE YOUR PROCEDURE.**
- **NOTHING MAY BE TAKEN BY MOUTH WITHIN 2 1/2 HOURS OF THE PROCEDURE OR YOUR PROCEDURE WILL BE DELAYED.**

The morning of the test, please do not eat or drink anything other than Movi Prep liquids. Take scheduled medications the morning of your procedure with a sip of water prior to your test. Regarding diabetic medications, you should consult with your prescribing physician.

If you are still not having clear bowel movements call our office for further instructions.