

San Diego Gastroenterology Medical Associates

A Medical Corporation

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4060 Fourth Avenue, Suite 240 San Diego, California 92103
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Movi-Prep Colonoscopy Instructions

Your procedure has been scheduled for _____

Check in time: _____ Procedure time: _____

Please register at:

- Scripps Mercy Hospital 4077 5 th Avenue
Check in at Outpatient Radiology on the FIRST (Main) floor (619) 260-7026
- San Diego Endoscopy Center 4033 Third Avenue Ste. 106 (619) 497-2888

One Week Before the Procedure

1. STOP using all iron and aspirin medications. If you are required to take an aspirin daily by your physician (i.e. for heart disease, stroke prevention), this may be continued.
2. If you take **Coumadin** or **Plavix**, please contact the doctor immediately for instructions. You may need to stop using these medications for 5-7 days before your procedure.
3. Fill your prescription for Movi-Prep at any pharmacy.
4. Arrange a ride home from the procedure. You will receive intravenous sedation and will not be able to drive for 18 hours following this procedure. PLEASE leave your valuables (except your insurance card) at home or with the person who accompanies you. You will need your insurance card.

The Day Before the Procedure

1. Starting when you awake the day before your procedure, eat no solid foods and drink clear fluids only. Clear fluids include:

| Clear fluids include any of the following: | | |
|--|-----------------------------|------------------------|
| Water | Clear liquid broth/bouillon | White cranberry |
| Lemonade | Coffee/tea | white grape juices |
| Ice Popsicles | Beer (one glass) | Apple juice |
| Jell-o (No Fruit) | Gatorade | White wine (one glass) |

DO NOT drink anything red or purple or any milk or dairy products.

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MoviPrep is a laxative that cleans out your colon before a colonoscopy. The MoviPrep kit contains 2 packages and a mixing container. Each package contains 1 pouch A and 1 pouch B. Following the instructions below, you will use all 4 pouches to complete your prep. **You must complete the entire prep to ensure the most effective cleansing.**

It is important that you follow your physician instructions regarding consumption of clear liquids before your colonoscopy.

INSTRUCTIONS FOR MIXING YOUR MOVIPREP SOLUTION

1. Empty 1 pouch A and 1 pouch B into the disposable container.
2. Add lukewarm water to the top line of the container. Mix to dissolve. If you prefer, the solution can be refrigerated before drinking. The solution should be used within 24 hours.

*****FOLLOW A CLEAR LIQUID DIET ALL DAY...NO SOLID FOOD WHATSOEVER...*****

Steps 1 and 2



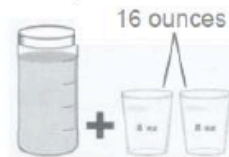
FIRST DOSING REGIMEN DATE _____ START TIME _____ AM/PM

3. 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 is complete. You may start going to the bathroom after only a couple of glasses, but be sure to drink **ALL** of the solution.

4. Drink an additional 16 ounces of the acceptable clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep.

5. Prepare the second container of **MoviPrep** by repeating steps 1 and 2.

Steps 3 and 4



Step 5



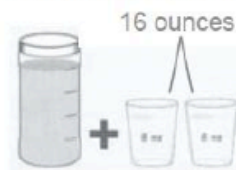
SECOND DOSING REGIMEN DATE _____ START TIME _____ AM/PM

7. 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 is complete.

8. Drink an additional 16 ounces of the acceptable clear liquid of your choice. You may start going to the bathroom after only a couple of glasses, but be sure to drink **ALL** of the solution

9. Make an effort to drink additional clear liquids until _____ AM/PM. At that point, it is important that you do not consume anything until after your colonoscopy.

Steps 6 and 7



The Day of the Procedure

- Drink only water until 3 hours before the procedure. Then drink nothing.

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- Do not take diabetes medicine until the procedure is over. Please see insulin Instructions below.
- Take other medicines 3 hours before the procedure or after you get home.
- Bring a list of all your prescription and over-the-counter medications.
- Do not drive for 18 hours after the procedure.
- You can resume your normal diet unless discharge instructions indicated otherwise.

Important Reminders

- Please allow 2-2 1/2 hours for the procedure.
 - No iron or aspirin products including Bufferin, Anacin and Excedrin for 7 days before the procedure.
 - Motrin and Aleve are allowed up to 48 hours before the procedure.
 - Tylenol is OK up until the day of the procedure.
 - If you take insulin please take 1/2 of your usual dose the day before and 1/2 of your usual dose the day of the procedure. If you take diabetes pills, please don't take any the day before the procedure.
 - The Physician's fee is separate from the facility fee. There may also be a pathology fee.
 - Please verify with your insurance company that an authorization is not required for this outpatient procedure.
 - Please be aware that some insurance companies do not cover screening procedures.
 - Please call the office with any questions or concerns **(619) 291-6064**.
- You must cancel 2 working days in advance to avoid any charges.**