

YOUR BOWEL PREP IS EXTREMELY IMPORTANT!
PLEASE READ INSTRUCTIONS CAREFULLY

<p>1 Week Before</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Purchase the following: <ul style="list-style-type: none"> <input type="radio"/> MoviPrep bowel prep – Pick up from your pharmacy. <input type="radio"/> GasX or simethicone gas relief over the counter. You will only need 4 of these. These help to reduce bubbles in your GI tract which improves the quality of your exam. <input type="radio"/> Clear liquids – Refer to clear liquid diet handout. <input type="checkbox"/> Plan for a driver: Plan for someone to drive you home or escort you if taking alternate modes of transportation. You will be sedated for your procedure. You should not drive again until the morning after your procedure. <input type="checkbox"/> Stop eating any visible seeds, nuts or whole grains. You can still eat fruits and vegetables if you remove the seeds from them. While we may not cancel your procedure if you have accidentally eaten them the week before your procedure, it may impact the quality of your prep. <input type="checkbox"/> Stop taking all supplements. Continue taking your prescription medications and multivitamins. <input type="checkbox"/> If you are diabetic and/or taking prescription blood thinning medication, refer to handout. If you did not receive this handout, contact our office.
<p>1 Day Before</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Start clear liquid diet from the time you wake up. See clear liquid diet handout. <input type="checkbox"/> In the morning: Empty MoviPrep (one pouch A and one pouch B) into container. Add warm water to the top line and mix well. Place in refrigerator. <input type="checkbox"/> At 6:00 pm: <ul style="list-style-type: none"> <input type="radio"/> Drink MoviPrep solution over the next hour. (8 ounces every 15 minutes). <input type="radio"/> Take 2 GasX pills. <input type="checkbox"/> Continue clear liquids to stay hydrated. <input type="checkbox"/> In the evening: Empty second MoviPrep (one pouch A and one pouch B) into container. Add warm water to the top line and mix well. Place in refrigerator.
<p>Procedure Day</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Continue clear liquid diet from the time you wake up. <input type="checkbox"/> 6 HOURS PRIOR to your procedure: <ul style="list-style-type: none"> <input type="radio"/> Drink second MoviPrep solution over the next hour. <input type="radio"/> Take 2 more GasX pills. <input type="radio"/> Stop all use of cigarettes, e-cigarettes, chewing tobacco and marijuana. <input type="checkbox"/> 5 HOURS PRIOR to your procedure: <ul style="list-style-type: none"> <input type="radio"/> Drink at least 2 more 8 ounce glasses of clear liquids over the next hour. <input type="checkbox"/> 4 HOURS PRIOR to your procedure: <ul style="list-style-type: none"> <input type="radio"/> NOTHING by mouth – including gum, hard candy/mints. <input type="radio"/> You may take your essential morning medications with four tablespoons (2 oz) of water, 2-4 hours prior to your procedure, unless otherwise directed by your physician. <input type="checkbox"/> After your prep your stools should appear clear yellow-green with no solid matter or fecal sediment. You should be able to see through to the bottom of the toilet. If you cannot see through to the bottom of the toilet and your appointment is before 8am, you may call the on-call physician after 6am. Otherwise, please call the endoscopy center after 7am for further advice. <input type="checkbox"/> Have the following: <ul style="list-style-type: none"> <input type="radio"/> A ride home. <input type="radio"/> Insurance cards & driver's license. Do not bring valuables.