

YOUR BOWEL PREP IS EXTREMELY IMPORTANT!
PLEASE READ INSTRUCTIONS CAREFULLY

<p>1 Week Before</p>	<ul style="list-style-type: none"> ❑ Purchase the following: <ul style="list-style-type: none"> ○ Moviprep Bowel Prep- Pick up from your pharmacy. ○ 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. ○ 119 gram bottle of MiraLAX powder (over the counter). ○ Clear liquids- Refer to clear liquid diet handout. ❑ 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. ❑ 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. ❑ Stop taking all supplements. Continue taking your prescription medications and multivitamins. ❑ 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>2 Days Before</p>	<ul style="list-style-type: none"> ❑ Start clear liquid diet from the time you wake up. See clear liquid diet handout. ❑ At 7:00 pm: Mix 3 capfuls of MiraLAX with 24 oz of water. Drink this mixture over 30 minutes, to reduce nausea. ❑ Continue clear liquids to stay hydrated.
<p>1 Day Before</p>	<ul style="list-style-type: none"> ❑ Continue clear liquid diet from the time you wake up. ❑ 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. ❑ At 6:00 pm: <ul style="list-style-type: none"> ○ Drink Moviprep solution over the next hour (8 ounces every 15 minutes). ○ Take 2 GasX pills. ❑ 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"> ❑ Continue clear liquid diet from the time you wake up. ❑ 6 HOURS PRIOR: <ul style="list-style-type: none"> ○ Drink second Moviprep solution over the next hour. ○ Take 2 more GasX pills. ○ Stop all use of cigarettes, e-cigarettes, chewing tobacco and marijuana. ❑ 5 HOURS PRIOR: <ul style="list-style-type: none"> ○ Drink 3 more 8-ounce glasses of clear liquids over the next hour. ❑ 4 HOURS PRIOR: <ul style="list-style-type: none"> ○ NOTHING by mouth – including gum, hard candy/mints. ○ 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. ❑ 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. ❑ Have the following: <ul style="list-style-type: none"> ○ A ride home. ○ Insurance cards and driver's license. Do not bring valuables.