

MOVIPREP INSTRUCTIONS

Your Exam Schedule

Date: _____ Where: **Report to Outpatient Registration in
Central Vermont Medical Center**
130 Fisher Road, Berlin, Vermont | 802-371-4100 | www.cvmc.org

Arrival Time: _____ Your Physician: Eric Asnis, M.D. / Andrew Minkin, M.D.

Planning For Your Colonoscopy Exam



One Week Before Your Exam

- Call our office at Green Mountain Gastroenterology, 802-229-9144 if you . . .**
 - . . . take Plavix, Coumadin, or Insulin.
 - . . . have an artificial heart valve or implantable defibrillator.
 - . . . are diabetic.
 - . . . have any concerns or feel anxious about your exam. A colonoscopy is a safe procedure however there are rare complications including bleeding and bowel perforation.
- Arrange transportation home from the hospital** for 2 ½ to 3 hours after your above arrival time as you will have conscious sedation.
- Purchase Moviprep** (by prescription) at your pharmacy.
- Do not eat foods with seeds or nuts.**
- Do not take iron supplements.** A multivitamin with iron is OK.

The Day Before Your Exam

1. Start your day with a light breakfast (such eggs and white toast) followed by a clear liquid diet.
Clear Liquids: water, soft drinks, broth, juice (without pulp), Gatorade, coffee (a small amount of cream is ok, sugar is ok), popsicles. Jello is not ok. Avoid anything with red food dye.
2. Unless otherwise instructed, morning medicines are ok to take with sips of water.
3. Early evening (6 PM) mix the first liter of MoviPrep and take the 1st dose (**SEE REVERSE SIDE**).
4. Continue to hydrate with clear liquids.

Exam Day

1. Unless otherwise instructed, morning medicines are ok to take with sips of water.
2. Five hours before arrival, mix the second liter of MoviPrep and take the 2nd dose (**SEE REVERSE SIDE**).
3. Continue to hydrate with clear liquids. Nothing by mouth 3 hours prior to arrival.
4. Bring your completed paperwork with you to your exam.
5. Please inform the nursing staff of the quality of the prep upon arrival.

If you are interested in obtaining a copy of the consent form, which is required to be signed before all procedures at the day of the procedure, please call Central Vermont Medical Center's Endoscopy Unit at 802-371-4363.

MOVIPREP INSTRUCTIONS

Patient Instructions

The MoviPrep carton contains 4 pouches and a disposable container for mixing. You must complete the entire prep to ensure the most effective cleansing.

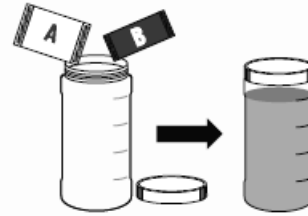
Beginning at: **6 PM Day before the exam**

1st dose

STEP 1

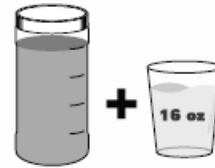
- Empty 1 Pouch A and 1 Pouch B into the disposable container
- Add lukewarm drinking water to the top line of the container. Mix to dissolve

If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.



STEP 2

- 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 complete
- Drink 16 oz of the clear liquid of your choice



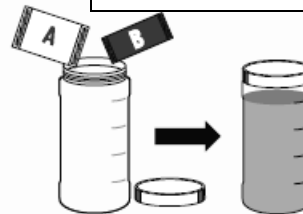
Beginning at: **5 hours prior to the exam**

2nd dose

STEP 1

- 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

If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.



STEP 2

- 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 complete
- Drink 16 oz of the clear liquid of your choice

