

# Preparing for your Colonoscopy with Moviprep

You have been referred for a colonoscopy, a procedure for evaluating diseases of the colon or as a screening test, proven to reduce the risk of developing colon cancer by identifying and removing precancerous polyps. The quality and success of the test depends on the quality of the preceding bowel preparation, needed to clean the colon and allow for careful inspection of the colon.

1. Bring any medical documents relevant to the exam, and your referral with you to the procedure
2. Consult with your treating physician regarding stopping blood thinners (eg: aspirin/cartia/microporin, Coumadin, Plavix, etc).
3. Diabetics should consult with their physician regarding the use of sugar lowering medications prior to the test
4. Bring a photo ID card, referral and Kuppa financial obligation (*hitchayvut*) for the exam
5. Moviprep is generally not recommended if you have G6PD deficiency or advanced renal disease, you should consult with your physician about which preparation to take.

**You must arrive, with an escort, 15 minutes before the test time.**

**Driving a car/motorcycle after an exam with sedation is forbidden.**

**Arrival for an exam performed under sedation with a firearm is strictly forbidden.**

## If your test is scheduled before 3PM:

### The day before your test:

**NO** high fiber foods, such as seeds, fruits, vegetables, whole grains etc.

**Until 10 am :** you may have low fiber food such as white bread, eggs, dairy, fish, chicken, white rice, clear soup.

**After 10 am- NO SOLID FOOD**, until after the exam; you may have plain yogurt and should drink plenty of fluid in the course of the day, including clear soup, instant coffee, tea and any other clear liquids until 2 hours before the exam.

**At 4 pm**, take two Laxadin pills

**At 6 PM**, dissolve Packet #1 of the Moviprep (contains 2 sachets) in 1 Liter water. You may add flavoring to the solution. You should drink 1 cup every 15 minutes, finishing within 1 hour.

### The day of the test:

**4-5 hours before the exam-** Take Packet #2 of the Moviprep dissolved in 1L water, at the same rate.

Despite the inconvenience, taking the second dose at the proper time is important for adequate prep.

**You may drink clear soup, instant coffee, tea and any other clear liquids until 2 hours before the exam.**

## If your test is scheduled after 3PM:

### The day before your test:

**NO** high fiber foods, such as seeds, fruits, vegetables, whole grains etc. You may have low fiber food such as white bread, eggs, dairy, fish, chicken, white rice, clear soup.

### On the day of the exam:

**At 6:00 am**, take two Laxadin pills.

**At 7:00 am**, take the first packet of Moviprep (2 sachets) dissolved in 1 Liter of water, over the course of 1 hour. You may add flavoring to the solution.

**At 10:00 am**, take the second packet of Moviprep dissolved in 1 Liter of water, over the course of 1 hour.

**You may not eat on the day of the exam, but may drink clear liquids until 2 hours before the test.**

or any worrisome symptom. This page is intended as general directions but does not replace consulting your physician about your particular case.