

## General Procedure Information

**Please read these instructions two weeks before**

-Arrange to have a driver to come with you and remain in our waiting room during your test.

### Laxative Prep Method

\*Follow these instructions. **Do NOT follow instructions on the box**

MOVI Prep – Split dose

Supplies to purchase

1. Movi- Prep Kit (fill prescription)
2. Clear liquid beverages/product

### General Instructions

2 weeks before procedure

- Stop taking herbal products
- Stop eating snack containing olestra (found in "light" snacks)

1 week before procedure

- Stop taking aspirin, NSAIDs and blood Thinners **3, 4, or 5** days or as approved by your prescribing physician. You may take Tylenol (acetaminophen)
- Stop multivitamins, vitamin E, iron and fish oil supplements

Days before your procedure

- Purchase supplies
- Read through these directions
- Expect call from anesthesia department to discuss your medical history.

If you are diabetic, read and follow the special diabetic instructions.

### Questions?

Please see frequently asked questions first. If you still have questions, please call

## Day Before Procedure Date:

### DIET INSTRUCTIONS

You may only have CLEAR LIQUIDS the entire day before your procedure

**NO SOLID FOODS** should be eaten on this day

Examples of CLEAR LIQUIDS: strained fruit juices (apple, white grape, white cranberry). Limeade, lemonade, coffee, tea (no creamer), Coke, Pepsi, Diet soda, non-red soft drinks, chicken or beef broth, gelatin desserts without added fruit or whipped topping

AVOID RED and PURPLE liquids, including food dye

AVOID MILK and ALCOHOLIC beverages

### LAXATIVE PREP INSTRUCTIONS

\*Solution may be mixed and refrigerated up to 24 hours in advance

-Morning: empty 1 pouch A and 1 pouch B into the disposable container; add lukewarm water or Minute Maid lemonade without pulp to the top line of the container and mix to dissolve, then refrigerate.

-Evening: Begin drinking your prep solution at 5 PM. The Movi-Prep container is divided by 4 marks. Every 15 mins, drink the solution down to the next mark until **ALL** of the solution is consumed.

Drink 16 oz of clear liquid of your choice, and continue to take clear liquids until bedtime.

Prepare the second container of Movi-Prep the same way and refrigerate.

## Day of Procedure Date

### LAXATIVE PREP INSTRUCTIONS

-**6 hours before leaving for the procedure** drink the second container of Movi-Prep until **ALL** of the solution is consumed. You should complete it in about 1 hour.

-Drink 16 oz of a clear liquid of your choice over the next 15 minutes

-**Put nothing else in your mouth** except a small sip of water with your heart, blood pressure or seizure medication.

-**You must have NOTHING in your mouth 4 hours prior to your procedure.** (This means NO water, ice chips, gum, candy, cough drops, etc.)

\*\*Any contents in your stomach could come up, getting into your lungs while under anesthesia.

### GENERAL INSTRUCTIONS

-You may brush your teeth and gargle prior to your test.

-DO NOT wear body LOTION or body JEWELRY.

Please remove all piercings (tongue, cheek, nose rings, etc) prior to arrival.

-Someone must be with you while you have the procedure and to drive you home. If your driver is **NOT** in our waiting room, your procedure will **NOT** be performed.

-Failure to follow these instructions may cause your procedure to be delayed or cancelled.