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**PREPARATION FOR COLONOSCOPY** (Using MoviPrep)

- If you regularly take Plavix (clopidogrel), stop this medication 14 days prior to colonoscopy.
- If you regularly take Coumadin (warfarin), stop this medication for \_\_\_\_\_ days prior to colonoscopy.
- Do not take medicines containing aspirin (ASA) for 7 days prior to colonoscopy.  
(Includes Alka-Seltzer, Anacin, Ascriptin, Ecotrin, Empirin, Excedrin, Halfprin).
- Do not take any anti-inflammatory medicines for 2 days prior to colonoscopy.  
(Includes Advil, Aleve, Anaprox, Daypro, Diclofenac, Etodolac, Ibuprofen, Indocid, Ketoprofen, Ketorolac, Lodine, Motrin, Naprosyn, Nuprin, Relafen, Toradol, Voltaren).  
If pain relief is needed, use Tylenol (acetaminophen).
- In order for colonoscopy to take place, the colon must be absolutely clean.
  - For two days prior to colonoscopy, avoid salads, fruit peels, beans, and corn.
  - For one day prior to colonoscopy, avoid the following:
    - Bulk laxatives (Metamucil, Citrucel, Konsyl, Fibercon, Benefiber, Bran, Effersyllium)
    - Stool softeners (Colace, Pericolace, Doxidan, Dialose, Surfak, Docusate)
    - Iron-containing vitamins (Multivitamins with iron, Geritol)
  - Starting on the morning of the day before colonoscopy, begin a clear liquid diet, which includes the following:
    - Bouillon and clear or light colored soups or broths
    - Jello® (no fruit or toppings)
    - Popsicles®
    - Hard candy
    - Black coffee or tea
    - Fruit juices with no pulp
    - Gatorade
    - Carbonated beverages
  - Do not eat or drink anything colored red or purple.
  - Avoid solid food other than hard candy or Popsicles.
  - Avoid dairy products including milk, cheese, ice cream, and yogurt.
- You should have received a prescription for **MoviPrep**:
  - Starting at 4 p.m. on the day prior to colonoscopy, prepare the first liter of the solution by thoroughly mixing the contents of 1 pouch A and 1 pouch B with 1 liter of lukewarm water and chilling it in the refrigerator.
  - Starting at 5 p.m., drink the first liter of the solution that you have chilled over one hour.
  - Starting at 7 p.m., prepare and chill the second liter of solution in the same manner.
  - Starting at 8 p.m., drink this second liter of the solution over one hour.
- After drinking the laxative, you are encouraged to drink all the clear liquids you desire, up until midnight.
- You may apply some Anusol or vaseline around the anus if the anal area becomes sore due to passage of liquid stool.
- Do not eat or drink anything after midnight the night before colonoscopy. Take your regular heart or blood pressure medications in the morning with a small sip of water. If you are diabetic, measure your blood sugar the night before and the morning of colonoscopy; if the sugar is low, you may have some juice. Do not take insulin or diabetic medications until after the procedure.
- Report to \_\_\_\_\_ Hospital admissions desk at \_\_\_\_\_ on \_\_\_\_\_.
- You will be sedated for the exam and will not be able to drive for the rest of the day. Bring someone with you who can drive you home.