



PREPARATION FOR COLON SURGERY (Using MoviPrep)

- To minimize the risk of bleeding:
 - If you regularly take Plavix (clopidogrel), stop this medication 14 days prior to surgery.
 - If you regularly take Coumadin (warfarin), stop this medication for _____ days prior to surgery.
 - Do not take medicines containing aspirin for the 7 days prior to surgery.
(Includes Alka-Seltzer, Anacin, Ascriptin, Ecotrin, Empirin, Excedrin, Halfprin).
 - Do not take any anti-inflammatory medicines for two days prior to surgery.
(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 colon surgery to take place, the colon must be absolutely clean.
 - For two days prior to colon surgery, avoid salads, fruit peels, beans, and corn.
 - Starting on the morning of the day before surgery, begin a clear liquid diet. This diet includes the following:
 - Bouillon and clear or light colored soups or broths
 - Black coffee or tea
 - Jello® (no fruit or toppings)
 - Fruit juices with no pulp
 - Popsicles®
 - Gatorade
 - Hard candy
 - Carbonated beverages
 - Avoid solid food other than hard candy or Popsicles.
 - Avoid dairy products including milk, cheese, ice cream, and yogurt.
 - Avoid the bulk laxatives (Metamucil, Citrucel, Konsyl, Fibercon, Bran, Effersylum) the day before surgery.

- You should have received a prescription for **MoviPrep**:
 - Starting at 4 p.m. on the day prior to surgery, prepare the first liter of the solution by thoroughly mixing the contents of 1 pouch A and 1 pouch B with 1 liter of luke warm 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 surgery. Take your regular heart or blood pressure medications with a small sip of water.

- Report to _____ Hospital admissions desk at _____ on _____.