



Garth LeCheminant, M.D.    David Morrow, M.D., F.A.C.S.    Jennifer Lemert, N.P.    Kayla Mitchell, R.N., W.O.C.N.  
2490 S. Woodworth Loop, Ste 450 Palmer, AK 99645    •    Phone: (907) 745-8100 Fax: (907) 746-2655

## PREPARATION INSTRUCTIONS FOR COLONOSCOPY

### FACILITY INSTRUCTIONS

**The facility does not schedule the times for the colonoscopies until the day before.**

Someone from the facility will call you **the afternoon before** the colonoscopy with the time to arrive.

\_\_\_ Mat-Su Regional Medical Center (907) 861-6858

\_\_\_ Surgery Center of Wasilla (907) 631-3578

**YOU MUST MAKE ARRANGEMENTS FOR SOMEONE YOU KNOW TO DRIVE YOU HOME.** You may not drive for the rest of the day once the procedure is completed. You **CANNOT** take a cab home.

### MoviPrep TWO-DAY Method - COLON CLEANSE INSTRUCTIONS

**PLEASE READ THESE INSTRUCTIONS SEVERAL DAYS BEFORE YOUR PROCEDURE.**

**Purchase from a Pharmacy:**

- A MoviPrep Bowel Preparation Kit from a pharmacy. A prescription will be provided.
- 2 - 10 oz Bottles of Magnesium Citrate

**FOLLOW THE INSTRUCTIONS BELOW AND NOT THE INSTRUCTIONS THAT ARE INCLUDED WITH THIS KIT**

**TWO DAYS BEFORE YOUR COLONOSCOPY – HAVE A CLEAR LIQUID DIET ONLY. NO SOLID FOODS.**

Clear liquids include water, coffee, tea, Gatorade, carbonated and non-carbonated soft drinks. All the clear juices: apple, white grape. Jell-O, popsicles, and clear soups: bouillon or broth. Sugar or artificial sweeteners are allowed.

**NOT ALLOWED ON A CLEAR LIQUID DIET:** Dairy products: milk, cream, soy, artificial creamer, or pulpy juices like orange, grapefruit, pineapple, tomato and V-8. No alcoholic beverages.

**STEP 1: At 9:00 AM** - Drink one bottle of Magnesium Citrate

**STEP 2: AT 6:00 PM** – Drink the second bottle of Magnesium Citrate

**ONE DAY BEFORE YOUR COLONOSCOPY – Continue a Clear Liquid Only Diet.**

**STEP 3: AT 3:00 PM - MIX FIRST DOSE OF MoviPrep SOLUTION**

- Empty **one** Pouch A and **one** Pouch B into the disposable container. **The other two packets are to be used for the second dose in Step 3 of this prep.**
- Add lukewarm drinking water to the top line of the container. Cap the bottle and shake to dissolve the powder.
- The mixed solution will be clear. Do not add anything other than the provided flavor packs to the solution.
- If you would like to drink the solution cold, store it in the refrigerator until it is time to start drinking.

**STEP 4: AT 4:00 PM - START DRINKING THE MoviPrep SOLUTION:**

- Drink one (8oz) glass every 30 minutes (about 4 glasses). Drink each glass steadily, at your own pace. **Do not “chug” it.** If you experience nausea, slow down in drinking the mix and try taking a few sips of one of the clear liquids listed above.
- A watery bowel movement should begin in approximately 1 hour or less. **Be sure to drink ALL the solution.**
- You may also have other clear liquids while drinking the MoviPrep solution.

**THE DAY OF YOUR COLONOSCOPY - Continue a Clear Liquid Only Diet.**

**STEP 5: 5 Hours before your scheduled arrival time (or earlier) -- MIX THE REMAINING Pouch A and Pouch B following same instructions from STEP 3.**

- **4 hours before your scheduled arrival time** drink the second dose following the same instructions in **STEP 4.**
- Finish drinking the MoviPrep solution at least **2 HOURS PRIOR TO ARRIVAL TIME** then nothing by mouth.