



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 Split Dose Method - COLON CLEANSE INSTRUCTIONS

PLEASE READ THESE INSTRUCTIONS SEVERAL DAYS BEFORE YOUR PROCEDURE.

Purchase a MoviPrep Bowel Preparation Kit from a pharmacy: A prescription will be provided.

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

THE ENTIRE DAY 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 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 2: 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.

STEP 3: THE DAY OF YOUR COLONOSCOPY

- **5 Hours before your scheduled arrival time (or earlier) -- MIX THE REMAINING Pouch A and Pouch B following same instructions from STEP 1.**
- **4 hours before your scheduled arrival time** drink the second dose following the same instructions in **STEP 2.**
- Finish drinking the MoviPrep solution at least **2 HOURS PRIOR TO ARRIVAL TIME** then nothing by mouth.