

SAINT CHARLES HOSPITAL 631-474-6285

MATHER HOSPITAL 631-476-2715

BOWEL PREPARATION FOR YOUR COLONOSCOPY WITH MOVIPREP

Date of Procedure: _____ Clearance Needed: _____

Fax to: (631) 642-3115

_____ DAYS PRIOR:

Stop taking all blood thinning medications and supplements. Examples:

- Aspirin or Aspirin Products
- Ibuprofen, Naprosyn, Aleve, Motrin, Advil
- Blood thinners
- Multi-Vitamins, Vitamin E, Fish Oil
- Over the counter Supplements
- Tylenol is OKAY

If you are not sure of a medication that you take, please contact us. You are to call the hospital the day before your procedure for your time. Call Saint Charles Hospital after 4:00 pm at 631-474-6285. Mather Hospital, call between 3:00 and 6:00 pm at 631-476-2715. If you are scheduled at the hospital on a Monday, you are to call the Friday before for your arrival time.

ONE DAY BEFORE THE PROCEDURE:

YOU ARE TO FOLLOW THESE INSTRUCTIONS, NOT THE INSTRUCTIONS IN THE KIT.

- Clear liquid diet the entire day, no breakfast.
- Clear Liquid Diet Includes: Jello, broth (chicken or beef), bouillon, ices, juices, black coffee or tea. Sweeteners are allowed, NO milk or milk products. Nothing RED, BLUE or PURPLE in color.

At 5:30 pm:

- Mix the solution by combining one Pouch A and Pouch B into the container.
- Add lukewarm water and shake well to dissolve. Refrigerate for 1 hour if you'd like.
- Drink one glass every 15 minutes until the container is empty.
- Immediately follow with 16 ounces of water.
- You may continue the clear liquid diet until midnight, NOTHING after midnight.

DAY OF THE PROCEDURE:

- Start the second Prep 5 hours before your procedure.
- Mix the prep the same way as you did the evening before. Drink one glass every 15 minutes.
- Immediately follow with 16 ounces of water.
- YOU MUST COMPLETE THIS SECOND PREP A FULL FOUR HOURS BEFORE YOUR PROCEDURE TIME.
- NOTHING by mouth after your second prep is completed.

If you take **heart** or **blood** pressure medications in the morning, take them as usual with a sip of water. **HOLD** other medications until after the procedure, unless otherwise directed by your physician.

YOU MUST HAVE A RESPONSIBLE PARTY TO TAKE YOU HOME AFTER YOUR PROCEDURE. You are not to drive or work until the morning after your procedure.

We require at least 48 hours notice if you need to cancel or reschedule a procedure. Failure to give this office adequate notice may result in a \$100 fee.

If you have any questions, please contact Kathleen at (631)331-7200, Ext. 236