

PROCEDURE LOCATION: (If unsure of the exact place and time, please verify with the office)

- Virginia Hospital Center Arlington 1635 North George Mason Drive 2nd floor GI out Patient Center, Gold Parking
- Fairfax Hospital 3300 Gallows Road, Falls Church, VA Women's & Children's Center – Blue Entrance
- Woodburn Endoscopy Center 3301 Woodburn Road, Suite 109 Annandale, Virginia

APPOINTMENT DATE: _____ **ARRIVAL TIME:** _____ **PROCEDURE TIME:** _____

Please notify the office if you have an Internal Defibrillator or Cardiac Stent

Colonoscopy Instructions with MoviPrep – 2 Day

Things to purchase: MoviPrep Preparation – prescription is attached.

1. DISCONTINUE 5 days in advance of your procedure: all aspirin, ibuprofen or Advil type products, blood thinners (Coumadin, Plavix, Aggrenox, Ticlid, Persantine.) **If you take any of these medications for cardiac reasons, check with you regular doctor or cardiologist before stopping them.** Tylenol may be used as needed. Your other necessary medications are ok to take.
2. USE ONLY A CLEAR LIQUID DIET for TWO FULL DAYS before the colonoscopy day beginning first thing in the morning, all day for both days. Be sure to drink plenty to stay hydrated. You will not return to your regular diet with food until after your colonoscopy.
3. The MoviPrep kit contains 4 pouches and a disposable container for mixing. The morning before your colonoscopy, empty 1 Pouch A and 1 Pouch B into the disposable container. Add lukewarm drinking water **to the top line** of the container. Mix to dissolve, then refrigerate for later use.
4. At 5:00 p.m. THE EVENING BEFORE your colonoscopy day, begin taking the 1st liter of MoviPrep. The MoviPrep container is divided by four marks. Every 15 minutes, drink the solution down to the next mark, until the full liter is consumed. Afterwards, drink 16 ounces of any clear liquid. This is a necessary step to ensure adequate hydration and an effective prep. When finished, empty the remaining Pouch A and Pouch B into the container, mix and refrigerate for later use. Continue on clear liquids.
5. THE MORNING OF YOUR COLONOSCOPY, begin taking the 2nd liter of MoviPrep. Follow the same instructions as you did the night before. Necessary medications are OK. If your arrival time is **at or before 7:00 a.m.** begin taking the 2nd liter of MoviPrep at 4:00 a.m. If your arrival time is **after 7:00 a.m.** begin at 5:00 a.m. You may continue clear liquids up until 4 hours prior to your procedure time.

Please have a responsible adult to drive you home after our procedure or you may take a cab only if accompanied by an adult. You are **not to drive** for the rest of the day after your procedure.

Be certain you have provided all current insurance information and necessary referrals to our office at least two weeks prior to your procedure date. Referrals apply only to HMO and Managed Care plans.

To cancel or reschedule give 5 business days advance notice to avoid a charge

Please download the “Colonoscopy frequently asked questions” and the “Clear liquid diet.”