### Colonoscopy with Movi-Prep: Before Your Exam

#### 7 DAYS BEFORE the procedure:
- You need to arrange for someone to bring you, stay with you, and drive you home after the procedure. For your own safety, you will not be able to drive yourself home or for the remainder of the day. You may not take a taxi, an online ride-sharing service, a bus, or public transportation (unless you have another adult with you).
- **If you take a blood thinner please call the Anticoagulation Clinic at 303-739-4900 TODAY** for instructions on how to safely stop and restart the medication around the exam.
- **If you are unsure if you take a blood thinner, please call 303-649-5300 and press option 2 to talk with a nurse.**
- **If you take Plavix® (Clopidogrel), Ticlid® (Ticlopidine), Effient® (Prasugrel), or Brilinta® (Ticagrelor):** Ask the doctor who prescribed it if you can stop. If you can NOT stop, call us at 303-649-5300 and press option 2 for a nurse.
- You may continue taking Aspirin, ibuprofen (like Advil® or Motrin®) or any other nonsteroidal medication.
- **If you are pregnant or have a defibrillator, call us at 303-649-5300 and press option 1.**

#### 5 DAYS BEFORE the procedure:
- Confirm your ride.
- **If you need to cancel your appointment, call the GI department, 303-649-5300, press option 1.**
- For best results stop eating seeds, popcorn, nuts, and whole grains. **If you accidentally eat these foods please call the GI department, 303-649-5300, press option 2.**
- Review the diet you need to follow.

#### 2 DAYS BEFORE the procedure:
- Drink at least 8 glasses of water throughout the day.

#### 1 DAY BEFORE the procedure:
- **7:00 a.m.:** Start a strict, clear liquid, non-alcoholic diet. If you put a liquid in a clear glass, and you can see through it, it is OK to drink. A clear liquid diet can include: - Apple, white grape, and white cranberry juices - Beef or chicken broths that are clear - Tea and coffee without milk - Soda pop, Gatorade, Kool-Aid and various Jell-O flavors (any color except red, purple, blue, or orange).
- Avoid: juices with pulp, milk, cream, and solid food.
- **If you are taking Coumadin® (warfarin), complete your Protimeter draw.**
- Add water to fill the 1 liter bottle and add 1 packet of Movi-Prep.
- **8:00 a.m.:** Begin drinking the Movi-Prep. Drink one full glass (8 oz.) about every 15 minutes until you have finished 1-liter. Try to drink a full glass at a time, instead of sipping.
- **8:00 p.m.:** Take two, 5 mg Dulcolax (bisacodyl) tablets and two Chewable Simethicone.
- You must finish the entire 1-liter of the Movi-Prep by bedtime.
- Drink an additional half liter of clear liquids (about 17 oz.) **Do not eat any solid food.**
- Add water to 1 liter bottle and add 2nd packet of Movi-Prep. Shake well until dissolved and put in the refrigerator for tomorrow morning.
- Optional: apply A&D ointment to your rectum.
- **The Movi-Prep will cause you to have many bowel movements. This is needed so you have a clean colon for the procedure. If you have problems completing this preparation, call 303-338-4545.**

#### ON THE DAY OF the procedure:
- **7:00 a.m.:** Drink 1-liter of the Movi-Prep. Drink an 8 oz. glass every 15 minutes until you finish the 1-liter. Finish at least 2 hours before your exam.
- Take two more Chewable Simethicone.
- You may have clear liquids until 2 hours before the procedure. Do not eat any solid foods.
- **If you take blood pressure, heart, pain or anti-anxiety medication, please take as regularly scheduled.**
- **Output should be clear yellowish fluid.**
- Bring your escort/driver to your appointment.
- Bring your insurance cards, photo ID, and a method of payment for your procedure copay.
- **Do not bring valuables.**