

## Preparation for Colonoscopy

Afternoon Appointment  
MOVI prep and Dulcolax

PROPER PREPARATION IS EXTREMELY IMPORTANT FOR THIS TEST.

A clean bowel is essential for the success and safety of your colonoscopy. Your appointment will be cancelled if the following instructions are not followed and proper bowel preparation is less than adequate.

### IMPORTANT DIETARY AND MEDICATION RESTRICTIONS

- If you are diabetic, you must speak with **your family physician** (or the physician who prescribed your diabetes medication) about using insulin or pills for your diabetes on the day of your procedure.
- If you are taking Aspirin, arthritis medications, Metamucil or iron, speak with the physician who prescribed these medications about whether or not you need to stop them at least one week before your procedure.
- If you take warfarin (Coumadin), low molecular weight heparin (e.g. Fragmin, Lovenox) or Plavix, discuss with your prescribing specialist or family doctor if these medications can be safely stopped one week prior to your examination.
- Eat no seeds, grapes, corn, peas, tomatoes or cucumbers for 3 days prior to the test.

### ONE DAY PRIOR TO THE PROCEDURE

1. **No FOOD is allowed.** For breakfast, lunch and dinner, take only clear liquids. Clear liquids include clear soup broth, Jell-O, tea or coffee (black only), soft drinks, clear fruit juice, Powerade, Gatorade. **Do NOT drink milk or red drinks** such as red wine, cranberry juice, red Jell-O, grape juice or soy products.
2. At 6:00 p.m., mix sachet A and sachet B of the MOVI prep into 1 liter of cold water. You may chill the preparation, but do not add ice. MOVI prep is available at your pharmacy without a prescription. Drink the entire prepared MOVI prep mixture within 30 minutes.
3. At 7:00 p.m., drink 500 mL (2 cups) of water.
4. At 8:00 p.m., drink 500 mL (2 cups) of water.
5. At 9:00 p.m., drink 500 mL (2 cups) of water.
6. At 10:00 p.m., take 500 mL (2 cups) of water and 20 mg of Dulcolax. Dulcolax is available at your pharmacy without a prescription.

### THE DAY OF THE PROCEDURE

1. At 6:00 a.m., mix sachet A and sachet B of the MOVI prep into 1 liter of cold water. You may chill the preparation, but do not add ice. Drink the entire prepared MOVI prep mixture within 30 minutes.
2. At 7:00 a.m., drink 500 mL (2 cups) of water.
3. At 8:00 a.m., drink 500 mL (2 cups) of water.
4. In the morning, you may take regular medications with only very small sips of water.
5. At least 4 hours before your procedure, you must STOP drinking all fluids.