



## PREPARATION FOR COLONOSCOPY WITH MOVIPREP

### **The day before the examination:**

Drink only clear liquids (see back) **all day** from the time you get up, including at least **one 32 oz bottle of Gatorade**, to maintain a good state of hydration. You are not to eat any solids until after the colonoscopy.

### **The evening before the examination:**

At **5 p.m.**, empty one pouch **A** and one pouch **B** into the container provided, add water to the top line and mix well. Start drinking the solution, using a thick straw, one quarter of the container every 15 min, (approximately 8 ounces or 1 cup). Chilling the solution will make it more palatable. You may drink a few sips of soda, suck on hard candy or chew gum in between drinks to change the taste in your mouth. 20 to 30 min after finishing the whole container, drink another 16 ounces (2 cups) of clear liquid of your choice.

*The more liquid you drink before and after the solution, the clearer the colon and the more thorough the examination will be. Remain close to a bathroom. Walking will help lessen the bloated feeling.*

### **The morning of the examination:**

Four hours before the procedure, empty the remaining pouch **A** and pouch **B** into the container, add water and mix well. Drink all the contents of the container, one measure at a time and follow the above recommendations. 20 to 30 min after finishing the whole container drinks another 16 ounces (2 cups) of clear liquid of your choice. **Do not drink any more after this, not even water, until after the colonoscopy is completed.**

### **PLEASE REMEMBER THE FOLLOWING:**

1. You will be sedated and cannot drive. Please arrange for transportation for that day (a taxi is not allowed).
2. Please alert us if you are taking Coumadin, Plavix, or other blood thinners. If you have a heart condition or had a stroke, for which you take aspirin, you may continue to take aspirin. Otherwise, it is preferable to stop aspirin and arthritis medications such as Motrin, Advil or Aleve one week before the procedure. Tylenol is safe.
3. Please make sure you alert us if you are a diabetic, are taking blood thinners or have PKU (phenylketonuria, a genetic disease). **Moviprep contains PHENYLALANINE and is contraindicated in patients with PKU.**

# **CLEAR LIQUID DIET**

This diet provides fluids that are easily absorbed and leave no residue. This diet does not supply all essential nutrients and is recommended for a single day only. **You may have as much of the clear liquids as you want to satisfy your appetite. Do not consume red or purple liquids.**

## **FOODS ALLOWED**

Tea/coffee (decaffeinated or regular),  
carbonated beverages, fruit flavored drinks.

Strained fruit juices; apple, white grape,  
lemonade.

Clear broth or consommé.

Clear flavored gelatin, Popsicles  
(no red or purple flavors).

Sugar, honey, syrup, clear hard candy,  
salt (to taste).

## **FOODS TO AVOID**

Milk and milk drinks.

Fruit juices with pulp or unstrained  
fruit.

**If you have questions regarding the above diet, please contact our office at (408) 402 9990.**

**Marwan A. Balaa, MD and Clair Rai PA-C.**