

Kitsap General Surgery
9927 Mickelberry Rd. NW Suite 121 -- Silverdale, WA -- 98383
360-613-1335

Your Colonoscopy has been scheduled for _____ at _____.

****The facility will call you the day before and let you know your check in time.**

MOVIPREP Bowel Prep Instructions

Preparing for the procedure:

- Pick up your SUPREP Bowel Prep Kit from your pharmacy.
- Arrange for a driver. You must have a driver who will stay at the facility during your procedure and drive you home afterwards.
- If you are diabetic, check with your primary care doctor about maintaining your insulin/blood sugar levels during the bowel prep.
- The Surgery Center will call you the day before your procedure with your arrival time. If you do not have an arrival time by 2pm the day before, please call the Surgery Center.

5-days prior to your procedure:

- Do not eat anything containing nuts or seeds such as strawberries or tomatoes.
- Do not take any the following medications:
 - Blood Thinners (Coumadin)
 - Aspirin
 - Ibuprofen

The day before your procedure:

- Start a clear liquid diet. Clear liquids include the following:
 - Water
 - Coffee/Tea
 - Clear Sodas
 - Broth/Bouillon
 - Fruit Juice
 - Gatorade
 - Jell-O
 - Popsicles

****Avoid liquids that are red/purple or that have pulp.**
- No solid foods, milk or milk products are allowed on this day.

If you have questions about the bowel prep or procedure, call the physician's office at 360-613-1335.

How to take MOVIPREP Bowl Prep Kit

****DO NOT FOLLOW** instructions on the kit—use the instructions below**

- ***You must have your arrival time before you begin your prep. Your arrival time depends on when you start your prep.***

AM Arrival Time	PM Arrival Time
<div><input type="checkbox"/> Step 1: Morning before colonoscopy: Mix MoviPrep as directed.<ul style="list-style-type: none">○ Empty one pouch A and one pouch B into provided container. Add lukewarm water to the top line of the container. Shake to dissolve. Place container in refrigerator to chill.</div> <div><input type="checkbox"/> Step 2: 4:00pm Start drinking MoviPrep. *Every 15 min drink solution down to next mark on the container until completely finished.</div> <div><input type="checkbox"/> Step3: Once container is empty, mix second regimen of MoviPrep as above.<ul style="list-style-type: none">• Remain close to the toilet facilities as multiple bowel movements will occur.• You will need to make certain you drink plenty of fluid through out the entire day.</div> <div><input type="checkbox"/> Step 4: 8:00pm: Start drinking MoviPrep. Every 15 min drink solution down to next mark on the container until completely finished.</div> <div><p>*NOTHING TO EAT OR DRINK AFTER MIDNIGHT*</p><p>From midnight until after your procedure you cannot have anything to eat or drink (including gum).</p></div>	<div><input type="checkbox"/> Step 1: Morning before colonoscopy: Mix MoviPrep as directed.<ul style="list-style-type: none">○ Empty one pouch A and one pouch B into provided container. Add lukewarm water to the top line of the container. Shake to dissolve. Place container in refrigerator to chill.</div> <div><input type="checkbox"/> Step 2: 6:00pm Start drinking MoviPrep. *Every 15 min drink solution down to next mark on the container until completely finished.</div> <div><input type="checkbox"/> Step3: Once container is empty, mix second regimen of MoviPrep as above.<ul style="list-style-type: none">• Remain close to the toilet facilities as multiple bowel movements will occur.• You will need to make certain you drink plenty of fluid through out the entire day.</div> <div><input type="checkbox"/> Step 4: Between 5:00-6:00am the <u>morning of your procedure</u>: Start drinking MoviPrep. Every 15 min drink solution down to next mark on the container until completely finished. **You need to complete this at least 4 hours prior to your procedure.</div> <div><p>*NOTHING TO EAT OR DRINK AFTER MIDNIGHT*</p><p>From midnight until after your procedure you cannot have anything to eat or drink (including gum).</p></div>

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****IT IS IMPORTANT TO FOLLOW ALL THE STEPS COMPLETELY***

- Remain close to the toilet facilities as multiple bowel movements may occur.
- You will need to make certain you drink plenty of fluid throughout the entire day.

If you do not follow the instructions above, your procedure may be delayed or cancelled.

- You will be able to resume your normal diet after discharge.
- Most patients are able to resume their normal activities the day after the procedure.
- If you experience pain or discomfort after the procedure, or if you have any questions or concerns, call the office immediately at 360-613-1335.

If you have questions about the bowel prep or procedure, call the physician's office at 360-613-1335.