

General Procedure Information

Please read these instructions two weeks before your procedure

Arrange to have a driver come with you and remain in the waiting area during your test. You may not take a taxi. Your driver must drive you home.

Laxative Prep Method

*Follow these instructions. **Do NOT follow instruction on or inside the box of your prep kit.**

For MOVI Prep Split Dose you will need to Purchase:

1. Movi-Prep Kit (prescription required)
2. Clear liquid beverages/products (NO Red or Purple)

General Instructions

2 weeks before procedure

- Stop taking all herbal products
- Stop eating snacks containing Olestra (product found in light snacks)

1 week before procedure

- Stop taking aspirin, NSAIDS and any products containing aspirin such as Aleve, Ibuprofen, etc. You may take Tylenol (acetaminophen)
- Stop taking blood thinners **3, 4, or 5 days** prior to procedure or as approved by your prescribing physician.
- Stop multi-vitamins, Vitamin E, Iron and Fish oil supplements.

Days before your procedure

- Purchase supplies listed above.
- Read through these instructions
- Expect a call from anesthesia department to discuss your medical history.

**If you have Diabetes, read and follow the special instructions for patients with Diabetes*

Questions?

Please see frequently asked questions first. If you still have questions, call 770-719-3240.

Day before Procedure

Date: _____

DIET INSTRUCTIONS

You may only have CLEAR LIQUIDS the entire day before your procedure. **NO SOLID FOODS** should be eaten during the entire day.

Example of CLEAR LIQUIDS strained fruit juices (apple, white grape, white cranberry), Limeade, Lemonade, Coffee/Tea (No Creamer including non-dairy creamers), clear broth or bouillon, gelatin desserts without added fruit or whipped topping. AVOID RED and PURPLE liquids, including food dye. AVOID MILK and ALCOHOLIC beverages.

LAXATIVE PREP INSTRUCTIONS

*Solution may be mixed and refrigerated up to 24 hours in advance.

- **MORNING:** Empty 1 pouch A and 1 pouch B into the disposable container. Add lukewarm water or Minute Maid lemonade without pulp to the top line of the container and mix to dissolve. Refrigerate.

-**EVENING:** Begin drinking your prep solution at 5 PM. The Movi-Prep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark until **ALL** of the solution is consumed.

Drink 16 oz. of clear liquid of your choice. Continue to drink clear liquids until bedtime. ***The more hydrated you are, the better the prep results.**

Prepare the second container of Movi-Prep the same way and refrigerate.

Day of Procedure

Date: _____

You may have NO smokeless tobacco (dip, chew, etc.) or marijuana on this day.

LAXATIVE PREP INSTRUCTIONS

- **6 hours before leaving for the procedure** drink the second container of Movi-Prep until **ALL** of the solution is consumed. You should complete it in about 1 hour.

- Drink 16 oz. of a clear liquid of your choice over the next 15 minutes.

- **Put nothing else in your mouth** except a small sip of water with your heart, blood pressure or seizure medication.

- **You must have NOTHING in your mouth 4 hours prior to your procedure.** *This means NO water, ice chips, gum, candy, cough drops, etc.*

***Any contents in your stomach could come up, getting into your lungs while under anesthesia.

GENERAL INSTRUCTIONS

- You may brush your teeth and gargle prior to your test.

- DO NOT wear body LOTION or body JEWELRY. Please remove all piercings (tongue, cheek, nose, etc.) prior to your arrival.

-You **MUST** have a driver who remains on the hospital campus while your procedure is being performed.

- Failure to follow these instructions may cause your procedure to be delayed or cancelled.