

How to prepare for your Colonoscopy

with the MoviPrep Kit

Follow only these instructions (ignore the instructions that come with the kit). Please read over these instructions carefully as soon as you receive them. If you have not prepared for your colonoscopy properly, your appointment will need to be rescheduled for a later date.

One week before your colonoscopy

- ✓ Fill your prescription for MoviPrep.
- ✓ Buy items for the Clear Liquid Diet. (see list)
- ✓ Arrange for transportation to and from your colonoscopy. You will not be allowed to drive yourself or use a taxi or bus service unless you have a responsible adult to accompany you.
- ✓ Review the special medication instructions and identify which medications (if any) you will need to stop taking before your colonoscopy.
- ✓ **Stop taking iron supplements (multivitamins containing iron are OK).**

The day before your colonoscopy

- ✓ In the morning, mix the *first* batch of MoviPrep solution. Combine one Packet A and one Packet B in the 32 oz. container that comes with the kit. Fill the container to the top with water and refrigerate.
- ✓ **Begin the Clear Liquid Diet (see list). The whole day will consist of clear liquids. There is no limit to the amount of clear liquids you drink during the day.**
- ✓ At 5pm, begin drinking the MoviPrep solution. You should drink 8 oz. every 15 minutes until the container is empty. The lines on the container are spaced at 8 oz. intervals, so you can use them to check your progress.
- ✓ After you finish the MoviPrep solution, drink at least two 8 oz. glasses of a *clear* liquid.
- ✓ Mix the *second* batch of MoviPrep solution. Combine one Packet A and one Packet B in the container, fill to the top with water and refrigerate.
- ✓ At 7pm, drink half of the solution (about 16 oz.) over 30 minutes. Refrigerate the remaining solution for the following morning.

The Clear Liquid Diet

The clear liquid diet begins the day before your colonoscopy. It can include:

Water

Clear Broth

Bouillon

Soda

Gatorade (no purple, red, or orange)

Clear Fruit Juice (apple or white grape)

Popsicles (no purple, red, or orange)

Jell-O (no purple, red, or orange)

Italian Ice (no cream or fruit)

Coffee or Tea (no milk, cream, or dairy substitutes)

NO solid food

NO purple, red, or orange colors

NO milk, cream, or dairy substitutes

- ✓ Remember to drink at least two 8 oz. glasses of a *clear* liquid after you drink the solution.
- ✓ Set your alarm to wake you at least five hours before your colonoscopy so that you can finish preparing for your colonoscopy.

The day of your colonoscopy

- ✓ Hold all insulin and diabetic medications morning of procedure.
- ✓ Hold diuretics (HCTZ/furosemide) morning of procedure.
- ✓ Continue all other medications.
- ✓ Five hours before your procedure, shake up the remaining MoviPrep solution (about 16 oz.) and drink all of it over 15 to 30 minutes.
- ✓ **Do not eat or drink anything after you finish the MoviPrep solution (except medication with a sip of water).**
- ✓ Make sure to arrive for your appointment on time.

Questions?

Consult the Frequently Asked Questions sheet first. If you still have questions, call the Gastroenterology Center's main office at (203) 281-4463

Date of Colonoscopy _____

Location _____

Arrival Time _____

Remember, your appointment will be rescheduled if:

- ✓ **You have food or drink on the day of your colonoscopy.**
- ✓ **You do not follow the preparation instructions.**
- ✓ **You do not arrive for your appointment on time.**
- ✓ **You do not have a ride home.** Medications will be given to you at the time of your colonoscopy that will impair your judgment and reflexes. You will not be able to drive yourself, and you will only be able to use a taxi or bus service if you have a responsible adult to accompany you.
- ✓ **You have a change in your health insurance coverage.** Your new plan may require us to obtain authorization before performing your colonoscopy, a process that can take some time. Please notify us of any changes to your insurance immediately.

Procedure Locations

- Endoscopy Center of Connecticut
Spring Glen Medical Center
2200 Whitney Ave, Ste 380
Hamden, CT
(203) 281-3636
- Guilford Endoscopy Center
Sound Medical Center
1591 Boston Post Rd, Ste 206
Guilford, CT
(203) 458-4463
- Hospital of Saint Raphael
Digestive Disease Center
Celentano Building, 2nd Floor
1450 Chapel St
New Haven, CT
(203) 789-3273
- Yale-New Haven Hospital
GI Procedure Center
789 Howard Ave
New Haven, CT
(203) 688-5458
*Register at the Office of
Professional Services on the first
floor. Then take Elevator C to the
third floor of the Clinic Building.*
- Milford Hospital
Diagnostic Treatment Center
300 Seaside Ave
Milford, CT
(203) 876-4652
*Register at the Registration Desk,
then proceed across the hall.*
- Mid-State Medical Center
Digestive Health Center, Pavilion D
435 Lewis Ave, Meriden, CT
(203) 694-8314
- Temple Surgical Center
(with anesthesia)
40 Temple St, 4th Floor
New Haven, CT
(203) 688-4060
- Temple Surgical Center
(without anesthesia)
60 Temple St, 2nd Floor
New Haven, CT
(203) 688-6008