

## Procedure Location

**Bend Surgery Center**  
1303 NE Cushing Drive Suite 200  
Bend, OR 97701  
541-318-0858

**St. Charles Hospital MDU**  
2500 NE Neff Rd  
Bend, OR. 97701  
541-382-4321

**PATIENT NAME:**

**DATE & TIME:**

**PHYSICIAN:**

**PRESCRIPTION:**

### COLONOSCOPY PREPARATION WITH SAME DAY MOVIPREP

- A nurse from the procedure center will be contacting you prior to your procedure for a brief interview. If you have not been reached please call to confirm your appointment time.
- **You must have a responsible adult drive you home after your procedure and stay with you for the remainder of the day. (You cannot use a taxi or Dial-a-Ride).**

### ONE WEEK PRIOR TO THE PROCEDURE

- **If you are taking Coumadin or any blood thinners such as Plavix or Aggrenox you must contact your doctor. DO NOT STOP this medication unless this was cleared by your physician.**
- Stop taking anti-inflammatories or any products containing Ibuprofen one week prior to your procedure.
- Stop taking Fish Oil, Iron tablets and Vitamin E one week prior to your procedure.
- You may take Tylenol if needed.

### 3DAYS PRIOR TO PROCEDURE

- **Avoid the following foods:**  
Foods with seeds (etc. poppy seeds, bread with seeds)  
Nuts  
Quinoa  
Salads (lettuce, spinach, kale)  
Corn  
Beans or lentils  
Nonfat potato chips

### DAY PRIOR TO THE PROCEDURE

- **CLEAR LIQUIDS ONLY** (see clear liquid diet page two). **This means no solid food from the time you wake up.**

### FIRST DOSING: At 12PM(NOON)

- Empty 1 Pouch A and 1 Pouch B into the disposable container
- Add lukewarm drinking water to the top line of the container. Mix to dissolve

- The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz), until the full liter is consumed
- Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep

### **SECOND DOSING: 6PM (OR ATLEAST 6 HRS LATER)**

- Empty 1 Pouch A and 1 Pouch B into the disposable container
- Add lukewarm drinking water to the top line of the container. Mix to dissolve.
- The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz), until the full liter is consumed
- Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep

### **DAY OF PROCEDURE**

- **You may have clear liquids up until four hours prior to your procedure; then absolutely nothing by mouth (i.e. gum, candy).**
- If you are taking Insulin, take ½ of your usual morning dose, or check with your primary care physician for appropriate instructions. Take blood pressure and heart medications with a sip of water on the morning of your procedure.
- **Your scheduled procedure time is subject to change.**

### **CLEAR LIQUID DIET**

#### **FOOD ALLOWED**

- CLEAR BROTH (CHICKEN, BEEF, VEGETABLE)
- TEA OR COFFEE WITHOUT CREAMER
- FLAVORED GELATIN (JELLO)-**NOT RED OR PURPLE**
- JUICE WITHOUT PULP
- SODA
- GATORADE
- POPSICLES- (**NO RED**)

#### **FOODS NOT ALLOWED**

- PULP JUICES
- DAIRY PRODUCTS
- ALCOHOL
- **ANY RED LIQUIDS**

**ALL CANCELLATIONS REQUIRE 72 HOUR NOTIFICATION.**

**Any questions concerning your bowel preparation please contact the Gastroenterology Department at Bend Memorial Clinic at 541-706-6490.**