



**CAPITAL
DIGESTIVE
CARE**SM

First in Digestive Health

Digestive Disease Consultants

NAME: _____

We perform procedures at the following locations:

GIEA
15005 Shady Grove Road
Suite 200
Rockville, MD 20850
(301) 340-8099

Shady Grove Adventist Hospital
Out-Patient Surgery Center
9901 Medical Center Drive
Rockville, MD 20850
(240) 826-6000

Please **ARRIVE**** at: _____ on _____
Time Date

PREPARATION INSTRUCTIONS FOR COLONOSCOPY (MoviPrep METHOD)

PLEASE PURCHASE: MoviPrep (prescription needed)

7 DAYS BEFORE YOUR PROCEDURE:

- Discontinue medications containing iron; follow your providers instructions regarding aspirin, Plavix or anticoagulation medicines (e.g. Coumadin, Pradaxa, Xeloda)

THE ENTIRE DAY PRIOR TO YOUR PROCEDURE YOU MUST BE ON A CLEAR LIQUID DIET – NO SOLID FOODS

- Drink 6-8 glasses of water during the day
- Coffee or Tea (no milk)
- Clear broth or bouillon – MUST drink 16oz of either broth or bouillon
- Carbonated or non-carbonated soft drinks (Coke, Pepsi, Sprite, etc)
- Clear fruit juices (i.e. apple juice, cranberry, white grape juice, Gatorade, etc.)
- Jell-O, popsicles, hard candy

NOTE: Dark color clear liquids such as red or purple are ok to have just be sure to drink lots of water as well.

STEP 1: AT 6:00 P.M. THE DAY BEFORE YOUR PROCEDURE TIME:

- **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. *(If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.)*
- The MoviPrep container is divided by 4 marks.
- Every 15 minutes, drink the solution down to the next mark (approximately 8 oz.) until you have finished drinking the full liter.
- Drink an additional 16 oz. of a clear liquid of your choice.

STEP 2: AT 10:00P.M. THE DAY BEFORE YOUR PROCEDURE TIME: REPEAT STEP 1.

*****IF YOUR PROCEDURE TIME IS 11:00 A.M. OR LATER, STEP 2 SHOULD BEGIN AT 6:00 A.M. THE MORNING OF YOUR PROCEDURE AND ALL LIQUIDS MUST BE STOPPED BY 7AM.*****

DAY OF YOUR EXAM: Take all of your morning medications with small sips of water **ONLY UP UNTIL 4 HOURS PRIOR TO YOUR PROCEDURE.**

4 HOURS PRIOR TO YOUR EXAM YOU MUST HAVE NOTHING TO EAT, DRINK, SMOKE OR CHEW.

PLEASE NOTE: IF YOU FIND IT NECESSARY TO CANCEL YOUR PROCEDURE WITHIN 48 HOUR PRIOR TO THE SCHEDULED APPOINTMENT A \$150 CANCELLATION FEE WILL BE CHARGED.

Capital Digestive Care
Digestive Disease
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