

Colonoscopy Prep Instructions

MoviPrep & 1 Bottle Magnesium Citrate

MARYLAND DIAGNOSTIC & THERAPEUTIC ENDO
CENTER

621 Ridgley Ave, Suite 101

Annapolis, MD 21401

T: 410-224-3636

F: 410-972-2698

Strict compliance with these instructions is necessary to avoid missed lesions and ensure a safe and complete exam.

About MoviPrep: MoviPrep is taken to clean your colon prior to your colonoscopy. This solution requires a prescription. Your prescription will be sent to your pharmacy electronically when your procedure is scheduled. ****Also,** purchase 1 bottle of Magnesium Citrate (over-the-counter) at the pharmacy. If you have not received your prep one week prior to your procedure, please call our office at 410-224-3636 to request the prep be resent to your pharmacy.

Medication / Diet / Tobacco Instructions: It is very important you read this section carefully. If you have any questions regarding your medications please call the MDTEC procedure coordinator at 410-224-3636.

- **10 days prior** to your procedure (at a minimum): you must stop taking Phentermine, or any medication containing Phentermine, such as Qsymia, Qnexa, Adipex-P, Suprenza, Fastin or Phentercot.
- **7 days prior** to your procedure: Begin a low fiber diet; You must stop taking all iron supplements, vitamins, minerals, herbal supplements, discontinue fiber supplements such as Metamucil, Citrucel, Fibercon, etc. Avoid fish oil, corn, seeds, nuts and popcorn.
- **Blood Thinner Medications:**
 - **Stop** taking ibuprofen, Advil, Aleve and NSAIDs at least 5 days prior to your procedure
 - **You MAY continue to take:** once daily aspirin (81mg or 325mg daily)
 - **If you take Coumadin, Plavix, Pradaxa, Xarelto, Eliquis or other blood thinners:** You must stop these medications 5 days prior to your procedure with the approval of your prescribing physician. **Contact our pre-operative nurse for specific instructions at 410-224-3636- option "2"**
 - You may take Tylenol as needed.
- **1 day prior** to your procedure: **Do not eat any solid food the day before or the day of your procedure.** You must be on a clear liquid diet the day before your procedure. See below.
- **No smoking the day of procedure.**
- **Blood Pressure and Heart medications:** Continue to take these medications as directed. Take them the day of your procedure with a **small sip of water** no less than 2 hours before procedure.
- **Acid Reflux medication:** Continue to take your acid reflux medication as directed. Take your this medication the day of your procedure with a sip of water no less than 2 hours before procedure.
- **Diabetic medication:**
 - If you are taking diabetic medication by mouth, cut your dose in half the day before the procedure.
 - If you are taking insulin, reduce your insulin dose(s) to half the normal amount the day before the procedure.
 - If you have an insulin pump, please check with the prescribing physician (PCP or endocrinologist) for specific instructions.
 - Do not take any diabetic medication or insulin on the day of your procedure.

Important!!

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- **Bring a complete list** of your medications. **Also bring** your blood pressure medicine and inhalers with you on the day of your procedure.

MoviPrep and Magnesium Citrate Instructions:

Two days before your procedure:

- Drink an entire bottle of Magnesium citrate after dinner.

The day before your procedure: You will be on a clear-liquid diet only. You must not have any solid food.

Do not consume anything that is red, blue, or purple in color. Do not consume any liquids you cannot see through. Do not consume alcohol the day before your procedure.

Acceptable clear liquids include: water, clear broth, apple juice, white cranberry juice, white grape juice, soda, gelatin (Jello), popsicles, coffee, and tea (no milk or creamer).

6:00 PM The Day Before Your Procedure:

1. Begin by emptying 2 pouches (A & B) into the container.
2. Add warm water to the top line on the container. Mix to dissolve.
3. The container has 4 marks.
4. Drink 8oz of solution (to the mark) every 15 minutes until all solution has been consumed.
5. It should take you no more than 1 hour to complete the prep.

The Day of Your Scheduled Procedure:

Procedures scheduled before 11am

At 3am:

1. Begin by emptying 2 pouches (A & B) into the container.
2. Add warm water to the top line on the container. Mix to dissolve.
3. The container has 4 marks.
4. Drink 8oz of solution (to the mark) every 15 minutes until all solution has been consumed.
5. It should take you no more than 1 hour to complete the prep.
6. You may take allowed medications with a **small sip of water** up to 2 hours before your procedure.
7. **No** chewing gum, throat lozenges, candy or mints are allowed the day of your procedure.

Procedures scheduled after 11am

At 6am:

1. Begin by emptying 2 pouches (A & B) into the container.
2. Add warm water to the top line on the container. Mix to dissolve.
3. The container has 4 marks.
4. Drink 8oz of solution (to the mark) every 15 minutes until all solution has been consumed.
5. It should take you no more than 1 hour to complete the prep.
6. You may take allowed medications with a **small sip of water** up to 2 hours before your procedure.
7. **No** chewing gum, throat lozenges, candy or mints are allowed the day of your procedure.

Please be aware: Your stools should be light yellow to clear with no solid particles prior to coming to MDTEC. If you have any questions or concerns regarding this prep, please call the procedure coordinator at 410-224-3636 for further guidance. If you call before we arrive for the day, please leave a message and we will call you back as soon as we are able.

You must have a responsible driver who is 18 or older to accompany you and drive you home.

A taxi or shuttle is not an approved means of transportation **unless you have** a family member or friend with you. You may not drive until the day after your procedure. If you do not arrive with a driver, your procedure will be rescheduled, and you may be charged a cancellation fee.