



TAYLOR STATION

Surgical Center

275 Taylor Station Road
Columbus, Ohio 43213

(614) 751-4466

Jeffrey S. Sams, M.D.

Preparation for Colonoscopy Moviprep Unsplit Prep

Your examination has been scheduled at:

TAYLOR STATION SURGICAL CENTER
275 Taylor Station Road, Columbus, OH 43213
Located on the corner of Taylor Station and Morrison Roads.
Please call to pre-register (614) 751-4466.
Arrive 90 minutes before scheduled procedure time.

- PLEASE READ THESE INSTRUCTIONS CAREFULLY AS SOON AS YOU RECEIVE THEM, AND CALL TSSC WITH ANY QUESTIONS AT (614) 751-4466.
- IF YOU ARE ON COUMADIN, PLAVIX, OR INSULIN, PLEASE CALL TSSC FOR SPECIFIC INSTRUCTIONS.
- If you take iron (ferrous sulfate), Metamucil, Citrucel, Perdiem or other bulk agents, stop them at least five days before the procedure. Also, eat no nuts, seeds, corn or popcorn within five days of your procedure.
- Pick up your prep solution (MOVIPREP) at the drug store (prescription required) at least a day or two before the procedure.

THE DAY BEFORE YOUR PROCEDURE

YOU MUST BE ON CLEAR LIQUIDS (NO SOLID FOOD!) **the entire day before the procedure.** You may have clear liquids up to (4) hours before the exam. Clear liquids include juices without pulp (apple, white grape, lemonade, etc.), sports drinks, water, tea, coffee, (no cream), gelatin (e.g. Jello) without fruit, soft drinks, clear broth or bouillon, ice pops (e.g. Popsicles). Avoid red or purple colors (which may look like blood in the colon).

Step 1: Morning Before Procedure

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

Step 2: Approximately 6:00 PM:

- **Begin Drinking Solution**
 - 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 complete.
 - Drink 16 oz of the clear liquid of your choice.

Step 3: Approximately 8:30 PM:

- **Repeat Steps 1 & 2**
 - Be sure to drink **ALL** the solution and the last 16 oz of clear liquid.
 - **REMEMBER: CONTINUE TO DRINK CLEAR LIQUIDS UNTIL 4 HOURS BEFORE YOUR PROCEDURE**

If you have nausea, discomfort or bloating, stop drinking the solution for an hour or so until the discomfort goes away, and then resume the prep. Wait longer between drinking each glass. (It doesn't matter how long it takes to finish the prep, it's the quality of the prep that counts).

If you feel your bowel prep result is not fully clear, use the Fleet brand enema (green box), which you may administer to yourself early in the morning of the exam. You may follow this with tap water enemas by refilling the Fleet enema bottle, until your results are clear.

Remember to arrive 1 ½ hours before your scheduled exam time.

You **MUST** have a driver who can bring you home after the procedure, as sedatives are usually given for these exams. (We will not sedate a patient who has no driver!)