

**CENTER FOR DIGESTIVE HEALTH**

**Gastroenterology Associates, P.C.**

2222 53<sup>rd</sup> Avenue, Bettendorf, IA 52722 (563) 383-2686

Your prep will be faxed to your Pharmacy \_\_\_\_\_  
Name of Pharmacy \_\_\_\_\_

**William Davidson III, MD**  
**Richard L. Weyman IV, MD**  
**Young B. Huh, MD**  
**Jae H. Kim, MD**

**Day** \_\_\_\_\_  
**Date** \_\_\_\_\_  
**Arrival Time** \_\_\_\_\_  
**Procedure Time** \_\_\_\_\_

**Special instructions:**

**Movi PREP**

**One (1) WEEK before your exam:**

- No popcorn, flax seed, or Olestra (fat substitute found in foods like potato chips) 1 week prior to your procedure.
- NO IRON within 3 days to your procedure. Example: no Multi-vitamin or iron supplement.
- If you tend to be constipated, take two tablespoons of Milk of Magnesia two days prior to your procedure.

**One (1) DAY before your exam:**

**Date/Time:** \_\_\_\_\_

- **No solid foods are allowed!** You may have only clear liquids.
- Drink 8 oz of liquid every 1 to 2 hours when on the clear liquid diet while awake. This will help maintain hydration. If you have **heart failure, cirrhosis, or kidney failure and you are on dialysis**, drink only 4 oz. of liquid every 2 hours when awake while on clear liquid diet the day before the procedure.

**Prep instructions:**

- 4:30 pm** Mix the MoviPrep as **directed by physician's office** and refrigerate.
- 5:15 pm** Remove MoviPrep from the refrigerator and leave out at room temperature.
- 5:30 pm** 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.  
**Follow with 16 oz. of water.**

- When finished with the full liter, mix the second liter of MoviPrep as directed and refrigerate.

PLEASE CALL IF YOU HAVE QUESTIONS, CONCERNS OR PROBLEMS WITH THE PREPARATION OR INSTRUCTIONS (563) 383-2686

**TURN PAGE OVER FOR INSTRUCTIONS THE DAY OF YOUR EXAM**

**YOU MUST BE ACCOMPANIED BY A DRIVER WHO REMAINS AT THE CENTER FOR DIGESTIVE HEALTH DURING YOUR PROCEDURE**

**CENTER FOR DIGESTIVE HEALTH**  
**Gastroenterology Associates, P.C.**  
2222 53<sup>rd</sup> Avenue, Bettendorf, IA 52722 (563) 383-2686

**Day of your exam:**

**Date/Time:** \_\_\_\_\_

- Your medications, other than those that have been specifically held by your doctor, can be taken in the morning with a small sip of water.
- Please use the Center for Digestive Health Entrance and Registration Desk on arrival.
- You must be accompanied by a driver who remains during the procedure.
- Do not eat or drink anything **after 12:01AM** the day OF your procedure except for what is approved in the following instructions.

**Seven (7) hours prior to your exam**

**Date/Time:** \_\_\_\_\_

- Begin drinking the second liter of MoviPrep.
- Every 15 minutes, drink the solution down to the next mark (approximately 8 oz.), until the full liter is complete.
- Follow with 16 oz. of water.

**In addition, if you are having an afternoon procedure:**

A **clear liquid** breakfast is **REQUIRED** by \_\_\_\_\_ on \_\_\_\_\_ then nothing by mouth. Remember, it is important you do not eat or drink anything at least **six hours prior** to your procedure otherwise it will need to be rescheduled.

**Common questions:**

- Bowel movements often occur about one hour after the first glass. They will continue periodically for approximately 1-2 hours after you finish drinking the last glass.
- A feeling of bloating or nausea may occur due to the large volume of liquid; this is usually temporary and will disappear once bowel movements begin.
- A small amount of Vaseline applied to the rectal area may help relieve any discomfort
- For morning procedures, on the day of the procedure if you are thirsty, drink only a few ounces of water **up to six hours prior** to your procedure time.
- Color of the stool should be yellow or clear and liquid. (Mountain Dew color is common.)

**CLEAR LIQUID DIET**

**DO NOT DRINK ANYTHING RED OR PURPLE**

**CAN HAVE**

Apple Juice	Gatorade
Tang	Popsicles
HI-C Fruit Juice	Pop (diet or regular)
Coffee	Water
Broth or Bouillon	Tea
Plain Jell-O (no fruit or sugar free)	

**CANNOT HAVE**

Milk or Milk Products
Orange Juice with Pulp
Tomato Juice
Prune Juice
Alcohol

**YOU MUST BE ACCOMPANIED BY A DRIVER WHO REMAINS AT THE CENTER FOR DIGESTIVE HEALTH DURING YOUR PROCEDURE**