



## **DR INGLE MOVIPREP SPLIT DOSE INSTRUCTIONS**

### **\*PLEASE PURCHASE AT THE PHARMACY (OVER THE COUNTER)\***

- One package of colorless, sugar-free “Halls” brand menthol cough drops.
  - (4) 125mg or 500mg tablets of OTC GasX

Have you had a heart attack within the last year?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have any heart or blood vessel (vascular) stents?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have you had any blood clots within the last year?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have you recently had a medical procedures done?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you on any blood thinning medications such as Plavix (Clopidogrel), Coumadin (Warfarin), Lovenox (Enoxaparin), Eliquis or Pradaxa?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

### **7 DAYS BEFORE THE PROCEDURE**

- **STOP** taking iron containing products, such as a multivitamin with iron.
- **STOP** eating foods with seeds or nuts, including popcorn, etc.

### **5 DAYS BEFORE THE PROCEDURE**

- **STOP** taking herbal supplements, such as ginger/garlic pills, ginseng, ginkgo, etc.
- **STOP** taking any non-steroidal, anti-inflammatory medication such as Ibuprofen, Motrin, Advil, Naproxen, Aleve, etc. You may continue to take Tylenol.
- Please check with the prescribing physician if on any blood thinners.
- If you are unsure about the medications you are taking, please call your prescribing Doctor's office for clarification.

### **1 DAY BEFORE THE PROCEDURE**

- **STOP ALL SOLID FOODS.** You may only have clear liquids starting when you get out of bed that morning. Please see clear liquid guidelines.
- PLEASE FOLLOW DIRECTIONS FOR THE MOVIPREP.**
- This solution will cause diarrhea. Your stool should continue to become lighter until it is yellow/clear in color. While drinking the Moviprep, please use the clear, sugar-free, menthol cough drops as needed to help prevent vomiting. If you do vomit, try slowing your consumption rate of the Moviprep. If your vomiting is excessive or you feel you may need to cancel your procedure, please contact our office immediately for further instructions

### **ON THE DAY OF YOUR PROCEDURE**

- The clear liquid diet may be continued until the second dose of MOVIPREP is started. Then **nothing by mouth** until after the procedure.
- Only blood pressure and heart medications may be taken the morning of the procedure with the smallest amount of water possible. Hold other medications, unless specified by your Doctor.

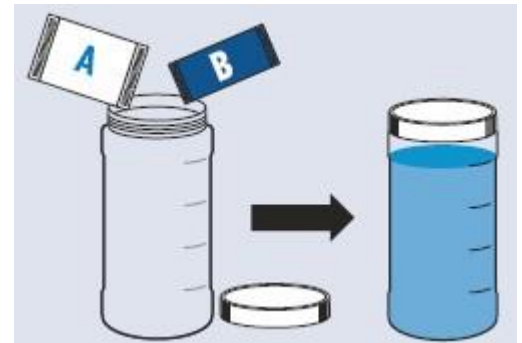
**2841 Debarr Road**  
**Building A, Suite 50**  
**Anchorage, AK 99508**  
**Phone: (907) 276-2811**

## **MOVIPREP SPLIT DOSE**

### **BEGINNING AT 5 PM THE NIGHT BEFORE:**

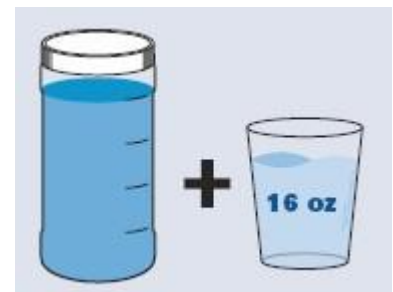
#### **STEP 1**

- Empty 1 pouch A and 1 pouch B into disposable container.
- Add lukewarm drinking water to the top of the line of the container. Mix until dissolved.
- If preferred mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.



#### **STEP 2**

- Four markers divide the Moviprep container. Every 15 minutes drink the solution down to the next marker (approximately 8 oz) until the full liter is complete.
- Drink 16 oz of a clear liquid of your choice.



### **BEGINNING THE MORNING OF THE PROCEDURE:**

Please take (4) 125mg or 500mg Tablet of OTC GasX prior to starting second dose of prep.

- **Repeat Steps 1 and 2 at least 5 hours prior to procedure.**
- **Then nothing to drink or eat until after your procedure.**



## **CLEAR LIQUID GUIDELINES**

### **START LIQUID DIET 1 DAY BEFORE YOUR PROCEDURE**

BLACK COFFEE, HOT OR ICED TEA

(NO ESPRESSO, CREAM OR DAIRY)

7-UP, SPRITE, GINGER ALE

APPLE JUICE OR WHITE GRAPE JUICE

CHICKEN OR BEEF BROTH – NO CREAM OR DAIRY SOUPS

JELLO – LEMON OR LIME ONLY

POPSICLES – LEMON OR LIME ONLY

GATORADE – LEMON OR LIME OR CLEAR ONLY

WATER

**ANYTHING YOU CAN SEE THROUGH SHOULD BE OKAY, AS LONG AS IT HAS NO PARTICLES. IF YOU ARE UNSURE OF SOMETHING, PLEASE FOLLOW THE ABOVE GUIDELINES OR CALL OUT OFFICE WITH QUESTIONS. MONDAY-FRIDAY 8AM-5PM (907) 276-2811**

**NO SOLID FOOD. NO DAIRY. NO ALCOHOL. NOTHING BLUE, PURPLE, RED OR ORANGE COLORED.**

**\*You are required to arrange a driver for your procedure. You should not work, drive or make any major decisions for up to 12 hrs after your procedure. For your safety, you cannot be released to a taxicab. To avoid cancellation, please ensure you have a reliable driver arranged prior to your procedure date.\***

**FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN CANCELLATION OF YOUR PROCEDURE AS WELL AS A \$250.00 FEE.**

**Thank you for affording us the opportunity to provide you with our healthcare services.**

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*Updated 01/14/2020*