

Noah Zinkin, MD, MMSc  
775 Park Avenue, Suite 225  
Huntington, NY 11743  
(631) 923-1420

## **Moviprep - Split Dose Prep**

\*Please remember to arrange for a responsible adult to accompany you home. If you do not have an adult escort your procedure will be cancelled and rescheduled. Taxis are not permitted.

Review the preparation schedule below for the days preceding your colonoscopy. Should you need further assistance please call 631-923-1420

### **1 Week Prior**

Go to pharmacy and fill your prescription for MoviPrep. Please call our office if you did not receive a prescription.

If you take fiber supplements or vitamins containing iron, please discontinue 5 days before your appointment.

If you have diabetes, please ask us for diet and medication instructions.

If you take aspirin, plavix, Coumadin, or other blood thinners, please discuss with Dr. Zinkin whether you should continue or discontinue these prior to your procedure.

If you take Jardiance, Farxiga, Invokana or Steglatro, you must stop it 4 days before your procedure

### **3 Days Prior**

**Begin Low Fiber Diet (No fruits or vegetables. No whole wheat or high fiber. No seeds, nuts, corn or popcorn No bran or bulking agents)**

### **The Day Prior**

You may have a light, low fiber breakfast. Afterwards, begin a clear liquid diet. This includes water, clear broth or bouillon, coffee or tea, Gatorade, carbonated & non-carbonated soft drinks, Kool-Aid or other fruit-flavored drinks, strained fruit juices (no pulp), Jell-O, popsicles and hard candy. For lunch, you may have ice cream, a milkshake, or yogurt that does not contain seeds, nuts or anything solid. Drink at least 64 ounces (1/2 gallon) of clear liquid throughout the day.

### **NO RED LIQUIDS**

### **MoviPrep Instructions:**

\*You may mix the solution ahead of time and refrigerate prior to drinking. The solution once mixed must be used within 24 hours.

Empty 1 pouch A and 1 pouch B into the disposable container

Add a clear liquid (we recommend lemonade or unsweetened iced tea) to the top line of the container. Mix to dissolve.

#### **Starting at 5:30 PM the evening before your procedure:**

The MoviPrep container is divided by 4 marks.

Every 15 minutes drink the solution down to the next mark (approximately 8 ounces), until the full liter has been completed.

Over the next hour, drink a half liter of additional clear liquid.

#### **On the procedure day:**

Starting 6 hours before your procedure:

Drink the second liter of solution following the same process completed the evening before: Every 15 minutes drink the solution down to the next mark (approximately 8 ounces) until the liter has been completed.

Drink additional half liter (16 ounces) of water over the next hour.

Morning medications should be taken with a sip of water

Do not eat or drink anything after this

#### **Upon departing for your procedure:**

Leave your valuables at home. Please arrange for a responsible driver to take you home. Taxis are not permitted.

Remember that no driving or work is permitted on the day of the procedure.

**Women who have had a period within 1 year will be asked for a urine specimen for a pregnancy test**