

**JATINDER S. SEKHON, M.D.**  
**SUSAN H. BARTON, M.D.**

10110 Molecular drive #109, Rockville, MD 20850  
(301) 417-9528

PATIENT NAME: \_\_\_\_\_

We perform procedures at the following locations:

**Advanced Surgery Center, LLC**  
10110 Molecular Drive  
Suite 100  
Rockville, MD 20850  
(301) 838-0437

**Shady Grove Adventist Hospital**  
Out-Patient Surgery Center  
9901 Medical Center Drive  
Rockville, MD 20850  
240-826-6000

Please **ARRIVE** at: \_\_\_\_\_ on \_\_\_\_\_  
Time Date

**PREPARATION INSTRUCTIONS FOR COLONOSCOPY**  
(MoviPrep)

I have discussed with you the risks, benefits and alternatives of a colonoscopy. In order to make this exam as successful as possible, it is important that you follow the instructions below very carefully. Please do not hesitate to ask any questions that you may have.

- **STOP COUMADIN/WARFARIN or PERSANTINE (Dipyridamole) THREE (3) DAYS PRIOR TO YOUR PROCEDURE.**
- **DO NOT TAKE ASPIRIN THREE (3) DAYS BEFORE THE PROCEDURE OR ANY NSAIDS (Advil, Motrin, Ibuprofen, Aleve, etc) FIVE (5) DAYS PRIOR TO YOUR PROCEDURE.**
- **STOP PLAVIX FOUR (4) DAYS PRIOR TO YOUR PROCEDURE**
- **You should take your blood pressure medications up to 3 hours before the procedure with a sip of water unless otherwise instructed by your physician.**
- **If you take diabetic medication, do take it the night before the procedure.**

**YOU WILL NEED TO FILL YOUR PRESCRIPTION:**

You will receive a prescription to obtain **MoviPrep** from your local pharmacy.

**THE DAY BEFORE THE PROCEDURE:**

1. Do NOT take any diuretics (water pills) the day before or day of the procedure.
2. No solid foods after 8:00 a.m.
3. Start a clear liquid diet

**Clear liquids include:**

Coffee or tea without milk or creamer, water-either carbonated or regular, Gatorade, ginger ale, apple juice, 7-Up; Jell-O(not dark-colored),bouillon or broth. Sugar and/or artificial sweeteners are allowed.

4. In the morning, prepare the MoviPrep. Empty one (1) pouch A and one (1) pouch B into the disposable container. Add lukewarm water to the top line of the container. Mix to dissolve and then refrigerate.
5. At 6:00 p.m. begin drinking the solution. The MoviPrep container is divided by four (4) marks. Every 15 minutes drink the solution down to the next mark (approximately 8 ounces), until the full liter is complete. Then drink two or more 16 ounces of the clear liquid of your choice the next 1 hour.
6. At 8:00 p.m. using the other two (2) pouches, prepare the MoviPrep solution again as you did in the morning and refrigerate immediately.
7. At 9:30 p.m. begin drinking the solution. Every 15 minutes drink the solution down to the next mark

(approximately 8 ounces), until the full liter is complete. Then drink two or more 16 ounces of the clear liquid of your choice the next 1 hour.

● **If you have Nausea when you are drinking the Moviprep stop drinking for an hour or so and once the nausea resolves restart drinking the solution.**

**Have nothing more to eat or drink ( except necessary medications) for the last 3 hours prior to your procedure.**

\*\*Bowel movements should begin about 1 hour or later after drinking the first glass. They will continue for several hours after you finish drinking the last glass. By then, the stool should be liquid and clear.

#### **IMPORTANT INFORMATION:**

1. You must have an adult to accompany and drive you home. You may not drive for the rest of the day once the procedure is completed. The sedation, which makes the procedure comfortable, will take time to wear off. **NO CAB!!!** If you don't have someone, then your procedure will be cancelled.
2. Bring to your appointment all inhalers that you may have.
3. On the day of your procedure, please do not wear perfume, cologne, or scented powders.

#### **HELPFUL HINTS**

- Try a soft toilet tissue or pre-moistened bathroom wipe to prevent soreness from wiping.
- If you experience anal irritation and burning because of the diarrhea induced by the bowel preparation, we recommend using Tucks or any brand of baby wipe followed by a generous application of Vaseline petroleum jelly to the external anus after each watery bowel movement.
- You may want to place some light reading material in the bathroom.
- Feelings of bloating, abdominal fullness, and nausea are common. This is temporary and will subside. Burping and/or passing gas should help.
- If biopsies are taken during the procedure, please call our office to obtain the result after approximately 10 days.
- If any problems or questions arise, please call our office at (301) 417-9528.

***PLEASE NOTE: IF YOU NEED TO CHANGE OR CANCEL YOUR PROCEDURE, PLEASE CONTACT US AT LEAST 48 HOURS PRIOR TO YOUR SCHEDULED APPOINTMENT OR YOU MAY BE SUBJECT TO A \$100 CANCELLATION FEE.***