



MoviPrep® Preparation for Colonoscopy

Tripler Army Medical Center (TAMC)
Gastroenterology (GI) Department

Please carefully read these instructions 7 to 10 days before your procedure. You will be contacted within 1 week of your procedure to confirm your arrival time. If you need to cancel or reschedule or if you have any questions, please contact the TAMC GI department at 808-433-6002.

7 Days Before Your Colonoscopy

- Follow your doctor's instructions for Aspirin, Plavix® or anticoagulation medicines (e.g. Coumadin®, Warfarin, Xarelto®, Eliquis®).
- Stop taking fiber supplements, herbal supplements, medicines for diarrhea, or vitamins with iron.
- Stop eating high-fiber foods like nuts, corn, popcorn, raw fruits and vegetables, and bran.
- If you have diabetes and take medicine to control your blood sugar, call your doctor about using your medicines (pills and/or insulin) the day before and the day of your colonoscopy.
- Continue all medicines, unless otherwise instructed by your doctor.
- You must have someone drive you home, or your colonoscopy will be canceled. You may not return to work on the day of your colonoscopy. Do not drive, operate machinery, or make important decisions until the next day. We will call your driver when you are ready to be picked up. Please make sure that your driver can be available with 20 to 30 minutes notice.
- All females will need a urine pregnancy test within 72 hours before the procedure (not required if you're menopausal or post-hysterectomy). Available in any military lab on Oahu.

Medicines to Pick Up From Pharmacy:

- MoviPrep® Bowel Prep
- Dulcolax® (Bisacodyl) laxative tablets
- Simethicone 80mg tablets

1 Day Before Your Colonoscopy

- Do not eat any solid foods or milk products including protein shakes.
- Drink only clear liquids the entire day. Drink an extra 12 cups (8oz each) of clear liquids to stay hydrated. You can have the following:
 - Water (drink 6 to 8 glasses)
 - Black coffee, tea (no creamer or milk)
 - Jell-O®, Popsicles, Gatorade®, Propel®, or other sports drinks (no red, purple or blue)
 - Broth or bouillon (chicken or beef)
 - Ginger Ale, Coke® Sprite® or Pepsi®
 - Apple juice (no orange juice with pulp)
- If you have diabetes and have a meter to test your sugar level, please check it several times during the day. Depending on the level, adjust your clear liquids. (If your sugar level is too low, use regular liquids. If your sugar level is too high, switch to sugar-free clear liquids).
- **START PREP.** At 2pm take 4 Dulcolax® (Bisacodyl) tablets. Then take the first liter of MoviPrep® starting at 6pm.
 - Mix one pouch A, one pouch B, and lukewarm water to fill the supplied 1 liter container.
 - Every 15 minutes, drink the solution down to the next mark on the container (approx. 8oz) until the full liter is finished.
 - Drink an additional 16oz of clear liquid to ensure adequate hydration.
 - Chew 4 simethicone tabs.



Day Of Your Colonoscopy

- 3 to 4 hours before your scheduled arrival time, take the second liter of MoviPrep®
 - Mix one pouch A, one pouch B, and lukewarm water to fill the supplied 1 liter container.
 - Every 15 minutes, drink the solution down to the next mark on the container (approx. 8oz) until the full liter is finished.
 - Drink an additional 16oz of clear liquid to ensure adequate hydration.
 - Chew 4 simethicone tabs.
- Unless your doctor tells you otherwise, take your morning medicines with a sip of water after the second liter of Moviprep® but no later than 2 hours before your procedure arrival time. You should **STOP ALL CLEAR LIQUIDS AND MEDICINES 2 hours before your scheduled arrival time.**
- Your bowel is empty when the fluid that comes out of you is clear. It should look like urine in color and thickness.
- You need to complete the *entire* prep, even if you are passing clear yellow fluid before you finish the prep mixture or had diarrhea before you started the colonoscopy prep.
- You should have a bowel movement within 4 hours of drinking the colonoscopy prep mixture.
- If your bowel prep is incomplete or inadequate, your procedure will have to be rescheduled.
- Ensure you have a ride home on the day of the procedure.

Day of Colonoscopy: Hospital Arrival

- At your arrival time, please check in at the Admissions Department, located at 1st Floor Oceanside next to the Aloha Center.
- Then, proceed to Surgery Admission Center (SAC), located Oceanside, 6th Floor, Wing 6C1. You will be directed to the pre-procedure area. Your driver may stay in the waiting room until after the procedure.

Important Medicine Information

- Tell your doctor about all of the medicines, vitamin supplements, and herbal remedies you take. Some may increase the risk of problems during your procedure.

Name of Medicine	When to Stop Taking
Metformin	48 hours before procedure
GLP-1 Agonists (Bydureon®, Ozempic®, Mounjaro®, Wegovy®, Trulicity®...)	Stop taking 7 days before procedure
Diuretics (Bumetanide®, Furosemide®, Hydrochlorothiazide® ...)	Do not take on the morning of procedure

- If you have diabetes, talk to your endocrinologist or PCP/PCM about how to manage it for your colonoscopy. This will help keep your blood sugar in check.

Appointment Information

- Procedure Date: _____
- Arrival Time: _____
- Nothing to eat or drink after: _____

After Colonoscopy

- Do not drive, operate machinery, or make important decisions the day of your procedure.
- You are safe to return to work the next day.
- If any biopsies are taken or polyps are removed, results will be available on the MHS Genesis Patient Portal Link:
<https://patientportal.mhsgenesis.health.mil>.

How did we do?

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