

MoviPrep Instructions

Nuvance Health Medical Practice Gastroenterology

Blood thinners: (If applicable) Please contact your prescribing physician two weeks before your procedure to ask how long you can be off your blood thinner medication(s) before your procedure.

Insulin dependent diabetics: (If applicable) Please contact your prescribing physician two weeks before your procedure for direction on insulin dosing for the procedure.

Please follow a low-residue diet for 3 days prior to your procedure. Please avoid raw fruits and vegetables, as well as whole grains, nuts, and seeds. (See attached instructions for diet guidelines.)

Day before the procedure:

- **Drink clear liquids ONLY.** (The more you drink, the better the prep will be)
NO FOOD
 - **Examples of clear liquids:** Powerade, Gatorade, bouillon, broth, consommé, black tea, black coffee, apple juice, white grape juice, white cranberry juice, Crystal Light, water, Italian ice, popsicles, sorbet or jello. **Nothing red or purple. No milk or cream.**

Beginning at 6 pm:

- Empty one Pouch A and one Pouch B into container; add water to top line. Shake to dissolve.
- Begin drinking the prep:
 - The container is divided into four (4) marks.
 - Every 15 minutes, drink the solution down to the next mark until the container is consumed.
 - Drink 16 oz. of any clear liquid.

Day of procedure:

Beginning 5 hours before the procedure:

- Empty one Pouch A and one Pouch B into container; add water to top line. Shake to dissolve.
- Begin drinking the prep:
 - The container is divided into four (4) marks.
 - Every 15 minutes, drink the solution down to the next mark until the container is consumed.
 - Drink 16 oz. of any clear liquid.
- **DO NOT** take diabetic pills or diuretics (water pills) the morning of the procedure.
- Nothing by mouth 2 hours before arrival.

Nuvance Health Medical Practice Gastroenterology Locations

Connecticut

- **Duracell Center for Ambulatory Surgery at Danbury Hospital**
24 Hospital Avenue, 4th Floor Strook, Danbury, CT
- **Frank J. Kelly Medical Arts Center**
111 Osborne Street, 2nd Floor, Danbury, CT
- **Danbury Surgical Center**
73 Sandpit Road, Danbury CT
- **New Milford Hospital**
21 Elm St. 2nd Floor, New Milford, CT
- **Norwalk Surgical Center**
40 Cross Street, Unit 120, Norwalk, CT
- **Norwalk Hospital GI Lab,**
34 Maple Street, 5th Floor, Norwalk, CT 06850

New York

- **Putnam Hospital**
670 Stoneleigh Avenue, Carmel, NY
- **Putnam Barns - Putnam GI, LLC**
667 Stoneleigh Center, Barns Office Center, Building A, Suite 204, Carmel, NY
- **Fishkill Asc.**
200 Westage Business Center Drive, Bldg C, 3rd floor, Suite 330 Fishkill, NY 12524