

**AFFILIATES IN GASTROENTEROLOGY, P. A.**  
*Preparation for Colonoscopy- Movi-Prep (appointment before 9:00 AM)*

Colonoscopy is a routine, safe and pain free procedure used to examine the colon. These are the steps that you must take before the procedure. **WITH THE CONSENT OF YOUR CARDIOLOGIST/INTERNIST, PATIENTS ON COUMADIN, PLAVIX, LOVENOX OR PRADAXA SHOULD DISCONTINUE MEDICATIONS 1-5 DAYS PRIOR TO THE COLONOSCOPY.** Check with cardiologist/internist on how long to hold these medicines. **IDEALLY, IRON SHOULD BE AVOIDED FOR 7 DAYS, IF POSSIBLE. TYLENOL AND/OR MULTIVITAMINS ARE ALLOWED.** If you are unsure of other medications you may be taking, check with our office.

**NOTE: SINCE YOU WILL BE UNABLE TO DRIVE AFTER THE PROCEDURE, PLEASE HAVE A DRIVER ACCOMPANY YOU. YOU MAY NOT DRIVE A VEHICLE UNTIL THE NEXT DAY.**

Individual responses to laxatives vary. This Prep is designed to cause multiple liquid bowel movements. It may cause nausea or vomiting. It often works within 30 minutes, but may take as long as 4 – 8 hours. Please remain within easy reach of toilet facilities.

**You will need one Movi Prep kit (prescription required): This prep contains a container and 4 pouches for mixing. Empty 1 pouch A and 1 pouch B into the container and mix with one liter of water. Mix to dissolve. (This may be done before the start time to drink and refrigerated for up to 24 hours.) Do this again for step 3 below.**

1. The day before your procedure, start your clear liquid diet. Your diet may consist of: strained fruit juices without pulp (apple, white grape, lemonade), Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid (or other fruit-flavored drinks), **clear** broth or bouillon, plain Jello (without added fruits or toppings), ice popsicles, black coffee or black tea and water. **Do not** take any milk products, tomato juice or any **RED OR PURPLE** liquids or Jello. Nothing should contain seeds or nuts.

2. At 6 PM, drink the first liter of the solution over the course of one hour. For instance, you can have one 8 ounce glass every 15 minutes. Continue to drink clear liquids.

3. Four hours after taking the first dose, take the second liter of the solution over the course of one hour. In addition, drink a liter of additional clear liquid of your choice during the evening. You may continue to drink clear liquids **until 3 hours** prior to your appointment.

Name \_\_\_\_\_ Date \_\_\_\_\_

REPORT TO:

\_\_\_\_\_ Florham Park Endoscopy Center, 195 Columbia Turnpike, Florham Park, N.J.  
(across from Crescent Plaza, Starbucks and Kings) (973-410-1800)

\_\_\_\_\_ Hanover Endoscopy Center of Northern NJ 91 S. Jefferson Road Whippany, NJ  
973-929-6800

\_\_\_\_\_ St. Barnabas Medical Center, 1300 Short Stay Unit, Old Short Hills Rd, Livingston, N.J.  
(973-322-5062)

\_\_\_\_\_ St. Barnabas Ambulatory Care Center, Main Entrance, 200 South Orange Avenue,  
Livingston, N.J. (opposite Livingston Mall) (973-322-7723)

\_\_\_\_\_ Morristown Memorial Hospital 100 Madison Avenue Morristown, NJ (973-971-5088)

\_\_\_\_\_ Morristown Surgical Center 111 Madison Avenue 4<sup>th</sup> floor Morristown, NJ (973-971-6970)

REGISTER AT: \_\_\_\_\_ A.M. P.M., PROCEDURE AT: \_\_\_\_\_ A. M. P. M.

Morristown Office  
Drs. Samach, Wallach  
Rosen, Morton  
973-455-0404

Morristown Office  
Dr. Stein  
973-410-0960

West Orange Office  
Drs. Sloan, Schrader,  
Schuman, Askin,  
Rosenthal  
973-731-4600