

Bowel Preparation Instructions: MoviPrep & Golytely

It is very important to follow all the instructions to prepare for your procedure. Your colon must be empty, so the provider can see during the procedure. Many patients feel that bowel preparation is the hardest part of the procedure.

Preparing for the procedure

- The day before your procedure, you will need to start preparing your colon.
- You will be using the combination bowel preparation of low-volume polyethylene glycol (PEG) MoviPrep and Golytely to clean out your colon.
- A split-dose bowel preparation is utilized because studies have shown that it is more tolerable for patients and is more effective in cleaning out the colon allowing the provider to better visualize polyps.
- Please follow all instructions carefully. If you do not follow the directions properly, then your procedure may be canceled.

Items to buy

- To get ready for your procedure, you will need to buy items for the bowel preparation.
- Be sure to check with your insurance company to see if this bowel preparation is covered, as this specific bowel preparation may not be covered by insurance and need to be purchased out-of-pocket.
- **Prescription required:**
 - Check with your pharmacy and fill your prescription for the MoviPrep preparation kit or generic equivalent.
 - Check with your pharmacy and fill your prescription for Golytely or generic equivalent.
- **No prescription needed:**
 - Miralax (8.3 ounces / 238 grams) or generic equivalent.

Medication information

Some of the medicines you take may need to be stopped or adjusted temporarily before your procedure.

- Blood thinners
 - Such as Coumadin (warfarin), Ticlid (ticlopidine hydrochloride), Agrylin (anagrelide), Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Pletal (Cilostazol), Brillinta (Ticagrelor), Eliquis (Apixaban), Effient (Prasugrel), Plavix (Clopidogrel), and adult Aspirin **325 mg**. If you are on an anticoagulant or antiplatelet not listed here, please notify the gastrointestinal team as soon as possible.
 - You must speak with your prescribing provider or the specialist at least 2 weeks before the scheduled procedure. Do not stop these medications without the consent of your provider.
- Aspirin **81 mg** (baby)
 - You may take your Aspirin 81 mg as prescribed with a sip of water.
- Insulin and diabetes medications
 - Please call the provider that monitors your glucose levels. Your medications may need to be adjusted due to the diet restrictions required for the procedure. Do not stop these medications without the consent of your provider.
- Glucagon-Like Peptide-1 (GLP-1 Agonist)
 - Such as Byetta (Exenatide), Saxenda (Liraglutide), Victoza (Liraglutide), Wegovy (Semaglutide), Trulicity (Dulaglutide), Bydureon (Exenatide), Mounjaro (Tirzepatide), or Rybelsus (Semaglutide).
 - You must speak with your prescribing provider or the specialist at least 2 weeks before the scheduled procedure. Do not stop these medications without the consent of your provider.

Fourteen (14) days before your procedure

- If you live far away from the hospital, you may want to consider booking a local hotel room the day before to your procedure to complete your bowel preparation. Bowel preparation is critical for a meaningful and optimal exam.
- Begin a low-fiber diet two weeks before your procedure. A low fiber diet helps make the cleanout more effective.
- Low fiber examples include:
 - White bread, white rice, white pasta, crackers, fish, chicken, eggs, ground beef, creamy peanut butter, cooked/boiled vegetables, canned fruit, bananas, melons, milk, plain yogurt, cheese, salad dressing, and other condiments.
- Do not eat high-fiber foods such as:
 - Popcorn, seeds (flax seeds, sunflower, and quinoa), multigrain breads, multigrain pasta, nuts, granola, salads, raw vegetables, or fresh and dried fruits. Limit the number of meats.

Seven (7) days before your procedure

- Begin taking one cap full of Miralax once daily for the entire week.
- Continue a low-fiber diet.
- Do not take fiber medications or supplements.
 - Examples: Metamucil or Citrucel.

Five (5) days before your procedure

- Do not take medications that will stop diarrhea.
 - Examples: Imodium or Pepto-Bismol.
- Do not take any vitamins or supplements. Vitamins and supplements leave behind a film in the colon making it difficult for the provider to visualize smaller polyps.
 - Example: Multi-vitamins, fish oil, vitamin D, iron, or turmeric.

Three (3) days before your procedure

- Begin a full liquid diet.
- Full liquid diet examples include:
 - Water, ice, soda, tea, coffee, and nutritional supplements or shakes (Ensure, Boost, Protein Shakes), thin hot cereal such as Cream of Wheat or Cream of Rice, milk, soy milk, almond milk, rice milk, coconut milk, cashew milk, milkshakes, yogurt, custard, pudding, vegetable juices, pureed vegetable soups, juices without pulp, flavored gelatin, strained cream soups, broth, and popsicles.
- Do not eat whole grains. Whole grains examples include:
 - Pasta, rice, cold cereal, bread, sweets that are flour-based like cakes and cookies, hard cheese, yogurt with fruit chunks, whole vegetables, fruits, or any solid foods.
- Continue taking one cap full of Miralax daily.

One (1) day before your procedure

- Start your clear liquid diet.
- Only drink clear liquids the entire day before your procedure.
- A clear liquid diet includes:
 - Water, black coffee, or tea (no milk or cream), clear broth or bouillon, Gatorade, carbonated or non-carbonated soft drinks (Coke, Sprite), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O, and popsicles. **Remember, NO RED OR PURPLE LIQUIDS.**
- Do not eat any solid foods.
- At 9:00 a.m., mix the entire container of Golytely and shake well. Place Golytely in the refrigerator.
- At 4 p.m., start drinking your Golytely prep mixture. Drink an eight-ounce glass every 15 minutes until you have finished two liters (half of the container). Put the remaining Golytely in the refrigerator overnight.
- Following the Golytely, begin to prepare the first dose of the MoviPrep mixture. Empty 1 pouch A and 1 pouch B into the disposable container. Add lukewarm drinking water to the top line of the container. Mix to dissolve.

- Start drinking the MoviPrep mixture. Drink an eight-ounce glass of the prep mixture every 15 minutes. You will drink a total of one liter or the entire container of the MoviPrep mixture.
- After you finish the MoviPrep mixture, it is recommended that you drink 16 ounces of a clear liquid of your choice. This step helps to ensure your body remains hydrated during the bowel preparation process.
- When you complete these steps, you will have had three liters of the MoviPrep and Golytely the evening before the procedure.
- You will need to be near a bathroom once you start drinking your prep mixture. You will have diarrhea and will need to be able to reach a bathroom quickly.
- Some people may feel nauseous, bloated, or vomit while drinking the bowel preparation. If this happens, take a 15-30-minute break, and then try drinking the prep mixture.
- After you finish the prep mixtures, you may drink clear liquids only.
- Place the remainder of the Golytely prep mixture in the refrigerator.

The day of your procedure

- You must finish the remaining two liters (the last half of the container) of Golytely and one liter of MoviPrep (second dose).
- **Six** hours before your colonoscopy start drinking the remaining two liters (last half of the container) of the prep mixture. Try to drink an eight-ounce glass of the prep mixture every 15-minutes until the bowel preparation is finished. It will take you two hours to finish drinking it.
- You may add a crystal light packet to each glass to improve the taste of the prep.
- After you finish the Golytely, you can then prepare the MoviPrep. Empty 1 pouch A and 1 pouch B into the disposable container. Add lukewarm drinking water to the top line of the container. Mix to dissolve.
- Start drinking the MoviPrep mixture. Drink an eight-ounce glass of the prep mixture every 15 minutes. You will drink a total of one liter or the entire container of the MoviPrep mixture. It will take you one hour to finish drinking it.
- After you finish the MoviPrep mixture, it is recommended that you drink 16 ounces of a clear liquid of your choice. This step helps to ensure your body remains hydrated during the bowel preparation process.
- When you complete these steps, you will have had three liters of MoviPrep and Golytely the day of the procedure (to be finished four hours before the procedure).
- You will need to be near a bathroom once you start drinking your prep mixture. You will have diarrhea and will need to be able to reach a bathroom quickly.
- Some people may feel nauseous, bloated, or vomit while drinking the bowel preparation. If this happens, take a 15-minute break, and then try drinking the prep mixture.
- Your stool should be no longer formed but a clear or yellow liquid.
- You may drink clear liquids until two hours before your check-in time.
- Avoid red or purple liquids, dairy products, protein shakes, alcoholic beverages, chewing tobacco, and illicit drugs. The use of these will result in your procedure being canceled.
- You may take your medications with a sip of water.
- Remember, do not eat any solid foods.
- You may want to allow extra time to travel to your appointment as you may need to stop and use a restroom along the way.

Notes / Other instructions: