

Video capsule prep instructions: Moviprep.

Please report to:

MedStar Georgetown University Hospital
Main Building, Second Floor, Room M2210
3800 Reservoir Rd., NW,
Washington, DC 20007

Instructions

Below are detailed instructions to help you prepare for your procedure. Please read the instructions in their entirety and use the checklist below as a guide to help ensure a complete prep for your procedure.

Before you start

- If you do not have your bowel prep or have any questions, call **202-444-8541** to speak to a nurse.
- You should expect to spend up to 1.5 hours in our department on the day of your procedure.
- **If you are on blood thinners (Coumadin, Plavix, etc.), insulin or other diabetic medications, please let us know and check with your primary or referring physician for instructions.**

One day before your procedure

- Breakfast—low fiber foods, clear liquids
- Lunch—low fiber foods, clear liquids
- Dinner—low fiber foods, clear liquids; eat earlier in the evening (around 4 p.m.)
- *Drink plenty of clear liquids throughout the day.*
- You may not drink alcoholic beverages within 24 hours of your procedure.
- Follow your specific bowel prep instructions

Day of your procedure

- **After you complete the prep do not eat or drink any other liquid or food. Do not chew gum or suck on hard candy the day of your procedure (mints, lozenges)**
- If your insurance company requires a referral, you must bring it with you or fax it to **202-444-4211** prior to your scheduled procedure date.
- Bring your current insurance card(s), co-pay (if applicable), and a current picture I.D. with you on the day of your procedure.

Detailed procedure instructions: what to eat and drink

What you'll need

- Pick up your Moviprep® at the pharmacy
- Buy simethicone anti-gas chewables or soft gels (such as Gas-X, Mylanta Gas, Maalox Anti-Gas, or similar product)—1 package

1 Day before your procedure

What to eat

- A low fiber breakfast and lunch at normal times with a low fiber early dinner. Nothing to eat after 5 p.m.
- Consume clear liquids during the day—e.g., water, clear soup or broth, apple juice, white grape juice, pulp-free lemonade, Sprite, ginger ale, coffee or tea without milk, or non-dairy creamers, plain Jell-O (no added fruit or toppings, **no red, purple, or blue Jell-O**) and popsicles.

What to drink

- During your prep, continue to consume clear liquids —e.g., water, clear soup or broth, apple juice, white grape juice, pulp-free lemonade, Sprite, ginger ale, coffee or tea without milk or non-dairy creamers, plain Jell-O (no added fruit or toppings, **no red, purple, or blue Jell-O**) and popsicles.
- **Step 1:** Empty 1 Pouch A and 1 Pouch B in the disposable container that is provided. Add lukewarm drinking water to the top line of the container and mix to dissolve.
-If you prefer, mix the prep solution ahead of time and refrigerate prior to drinking. *The solution should be used within 24 hours of mixing.*

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If you have any questions or need to reschedule your procedure, please call 202-444-8541, Monday through Friday from 8:30 a.m. to 5 p.m. If you have any urgent question between 5 p.m to 7:30 a.m., please call 202-444-7243 and ask to speak to the GI fellow (a physician) on call.
Moviprep®

- **Step 2: Starting at 6 p.m.:** The Moviprep container is divided by 4 marks. Every 15 minutes, drink the prep solution down to the next mark, approximately 8 ounces, until the full liter is consumed.
-Drink 16 oz. of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep.
- Once your prep is completed you should continue to drink water for adequate hydration.
- Note: you will not need to use the additional 2 packets in the Moviprep kit.

Day of your procedure

What to eat

- Remember you should NOT eat or drink anything prior to swallowing your capsule (from midnight until you arrive at MedStar Georgetown University Hospital)
- You can start drinking clear liquids 4 hours after you've swallowed your capsule
- You can have a small meal 6 hours after you've swallowed your capsule

Medications to take the day of the procedure

- Blood pressure and heart medications with a small sip of water at least 4 hours prior to your procedure time.
- Your other medications can be held until after your procedure is completed (8 or 12 hours depending on the video capsule).
- Bring a list of ALL of your medications and allergies, a copy of your most recent medical evaluation, and a copy of your EKG if you had one recently.
- Wear comfortable clothing that is easy to remove and leave your valuables at home.

It is not uncommon for individuals to experience bloating or nausea when drinking the solution. If vomiting or other symptoms occur and you are concerned about it, please call 202-444-8541, Monday through Friday from 8:30 a.m. to 5 p.m. After 5 p.m. and before 8:30 a.m., please call 202-444-7243 and ask for the GI fellow (a physician) on call.

**It's how we
treat people.**