

# DIGESTIVE DISEASE SPECIALISTS, INC.

Mercy Tower Office  
Arun K. Sachdev, MD  
4200 W. Memorial Road, Suite 612  
Oklahoma City OK 73120  
(405) 752-5559

Name: \_\_\_\_\_

Date of Procedure: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Procedure Time: \_\_\_\_\_

## Procedure Location:

**1 Ambulatory Endoscopy Center**  
3366 NW Expressway  
Physician's Bldg D, Ste 400  
Oklahoma City, OK 73112  
See Map on back

**2 Mercy Outpatient Diagnostics**  
4300 West Memorial Road  
Mercy Health Center  
Oklahoma City, OK 73120  
Check in at Admissions

**3 Mercy Canadian County**  
520 S. Mustang Rd  
Yukon, OK 73099  
Use South Door Entrance  
Next to After Hours Sign

## MOVIPREP BOWEL PREPARATION

If you take medications, you may have it on the morning of the procedure with a small sip of water. **STOP ASPIRIN AND IRON 4 DAYS PRIOR TO THE PROCEDURE DATE.** Inform the nurse immediately if you are taking blood thinners such as **Coumadin** or **Plavix**. If you use **Insulin or diabetic medications**, you may need to adjust to ½ your normal dose the day prior and none the day of your procedure until afterwards. **Do not take your oral diabetes medication the day of your procedure until afterwards.**

For the doctor to have a clear view of your colon, it is essential that the colon be completely free of stool. There have been many times we've had to cancel the procedure midway and reschedule due to an incomplete prep. If you have problems with constipation you may consider 2 days of the full liquid diet instead of just one day. The doctor may also ask that you drink a bottle of Magnesium Citrate (over the counter laxative) two nights prior at 5-6:00 pm. (This would be considered the prolonged bowel prep if asked to do so).

### PLEASE COMPLETE THE BOWEL PREP AS FOLLOWS:

THE DAY BEFORE THE PROCEDURE: \_\_\_\_\_

- ✓ **Begin with a clear liquid diet ALL DAY. See clear liquid sheet attached.**
- ✓ Your Moviprep Kit will provide you with one 1 liter bottle along with 2 packets of A and 2 packets of B. You will mix one packet of A with one packet of B for the 1<sup>st</sup> liter then a few hours later mix the 2<sup>nd</sup> liter with the 2<sup>nd</sup> A and B packet.
- ✓ At \_\_\_\_\_ p.m./a.m. drink one 8 oz glass of mixture every 15 minutes until the 1<sup>st</sup> liter is consumed, followed by 2 8oz glasses of any clear liquid, once finished prepare the 2<sup>nd</sup> liter of Moviprep .
- ✓ At \_\_\_\_\_ p.m./a.m. drink one 8 oz glass of mixture every 15 minutes until the 2<sup>nd</sup> liter is consumed, followed by 2 8oz glasses of any clear liquid.
- ✓ Initially, you may feel slightly bloated, this will go away when you begin to have bowel movements.
- ✓ DO NOT EAT SOLID FOODS, NOT EVEN ORANGE JUICE DUE TO THE PULP

THE DAY OF THE PROCEDURE: \_\_\_\_\_

- ✓ **Nothing to EAT or DRINK after \_\_\_\_\_ a.m. / p.m. and only clear liquids prior.**

❖ **A driver must accompany you: you will NOT be allowed to drive, use a taxi or bus after the procedure. Your driver must be on the premises during the procedure. MediRide can assist for a FEE: (405) 685-8267.**

\*\*\*\*IF YOU ARE A NEW PATIENT OR IF YOU HAVEN'T BEEN SEEN BY YOUR PHYSICIAN WITHIN ONE (1) YEAR, PLEASE PRINT THE FORMS AT THE FOLLOWING LINK: [Pre-Registration Forms](#). PLEASE FILL OUT ALL FORMS AND BRING THEM WITH YOU TO YOUR PROCEDURE. THANK YOU.\*\*\*\*

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**LIQUID DIET SHEET**

**FOOD ALLOWED**

**FOOD NOT ALLOWED**

**DRINKS**

APPLE JUICE

WHITE GRAPE JUICE

WATER OR ICE

TEA (with sugar is fine)

ANY CARBONATED DRINKS

COFFEE (no milk or cream)

ENSURE OR BOOST (any flavor)

**DRINKS**

ANY JUICE WITH PULP

NOTHING RED OR PURPLE

**SOUP**

FAT-FREE OR LOW FAT:

CHICKEN BROTH

BEEF BROTH

CHICKEN BOUILLON

BEEF BOUILLON

**SOUP**

ALL OTHERS

**DESSERTS**

JELL-O

POPSICLES

**DESSERTS**

NOTHING RED OR PURPLE

ALL OTHERS

**MISCELLANEOUS**

SALT

SUGAR

HARD CANDY

**MISCELLANEOUS**

ALL OTHERS