



**Antonio Serna,
M.D.**



Questions?

Call
(210) 242-0265

SAGEC Medical Center
2833 Babcock Rd.,
Suite 100
San Antonio, TX 78229
(210) 271-0606

SAGEC Main
520 E. Euclid Ave.
San Antonio, TX 78212
(210) 271-0606

SAGEC North
150 E. Sonterra Blvd.,
Suite 250
San Antonio, TX 78258
(210) 271-0606

MoviPrep Instructions

The MoviPrep carton contains 4 pouches and a disposable container for mixing. You must complete the entire prep to ensure the most effective cleansing.

FOUR DAYS BEFORE your procedure:

1. Stop aspirin, aspirin products, blood thinners, and anti-inflammatory medicines. Tylenol is OK.
2. If you are on blood thinners or aspirin, contact your Primary Care Physician or Cardiologist for consent to stop these medication for 4 days. (Please **DO NOT** stop taking high blood pressure, asthma, seizure, or heart medications.)

TWO DAYS BEFORE your procedure:

1. STOP taking iron and multivitamins.

ONE DAY BEFORE your procedure:

1. In the morning, add flavor pack and lukewarm water to "fill line" on bottle. Put lid back on the bottle and shake to dissolve powder. Solution will be clear/colorless. Put in the fridge to chill.
2. Eat a light breakfast **before 10:00 AM.**
3. After 10:00AM, you must be on a clear liquid diet throughout the day. Clear liquids include: clear broth or bouillon, water, Gatorade, strained limeade or lemonade, coffee or tea with no cream, clear fruit juices without pulp (such as apple or white grape), clear soda, Jell-O or Popsicles. **Nothing red, orange, or purple in color, and no milk products.** Continue to drink as many fluids as you can throughout the day to help keep you hydrated and feeling full.
4. **At 5:00 PM,** begin drinking the solution. Drink 1 (8oz) glass every 15 minutes, (clear liquids in between) until you have finished half of the gallon. Put container back in refrigerator.
5. Continue clear liquids until midnight. **Nothing to eat or drink after midnight.**

THE DAY OF your procedure:

1. **At 6:00 AM,** drink the remainder of the solution. Do not drink any additional clear liquids.
2. Take your heart, blood pressure, asthma, and seizure medications with a small sip of water.
3. You must be accompanied by a friend/relative 18 years or older, even if you take public transportation or have rides provided by Medicare or Medicaid. Procedures will be rescheduled if transportation arrangements have not been made for your safe return home.
4. We ask that you please leave all valuables at home, as we cannot be responsible for the loss of your valuables.

IMPORTANT REMINDERS:

- Be sure to talk with your Dr. or nurse about other medications you are currently using. It may be necessary to modify your usage for your exam.
- Do not take any other medications within 1 hour of drinking the solution. It will get flushed out of your system.
- If you're diabetic, the evening before your procedure you need to hold your diabetic medications.

Please contact Dr. Serna's office 48 hours prior to cancel or reschedule procedure.

