




**Marshall McCabe III, M.D. Thomas O'Meara, M.D. Carole Buckner, D.O. Darien Heap, M.D.**

Your procedure is scheduled for \_\_\_\_\_ at \_\_\_\_\_

Check in at \_\_\_\_\_.

## MOVIPREP (PM PROCEDURE)

5 Days Prior	4 Days Prior	3 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p><input type="checkbox"/> Arrange for a ride</p> <p><input type="checkbox"/> If taking Iron stop now.</p> <p><input type="checkbox"/> If taking Coumadin or other blood thinners, or need antibiotics prior to dental work, call our office for instructions.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>Begin Low Fiber Diet</b></p> <p>No raw fruits or vegetables. No whole wheat or high fiber. No nuts or popcorn or food containing seeds. No Metamucil, Fibercon, bran or bulking agents.</p> </div>	<p><input type="checkbox"/> If you are diabetic and take insulin, please check with your physician about your diabetic medications for the day before and the day of your procedure.</p> 	<p><input type="checkbox"/> Stop taking anti-inflammatories (including Advil, Ibuprofen, Aleve, Naproxen, etc)</p> <p><input type="checkbox"/> Last chance to cancel appointment or you will be charged a CANCELLATION FEE of \$100.00.</p> <p><input type="checkbox"/> Check with your driver and be sure they have read the drivers instructions.</p>	<p><input type="checkbox"/> Drink at least 8 (8 ounces) glasses of water or clear liquids today.</p>  <p>No solid foods after midnight.</p>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p><b>Begin Clear Liquid Diet</b></p> <p>Strained fruit juices (no pulp): for example apple, white grape, broth, water, Gatorade, Popsicles, Jell-o, coffee, tea (no milk or cream)</p> <p><b>NO RED LIQUIDS</b></p> </div> <p><input type="checkbox"/> Drink at least 8 (8 ounces) glasses of water or clear liquids throughout the day</p>  <p><input type="checkbox"/> <b>5:00 pm</b> Empty pouch A and one B of your Moviprep into the container and fill with luke warm to fill line. This will give you 1 liter of Moviprep. You may mix earlier and put in refrigerator if you prefer it cold.</p> <p><input type="checkbox"/> <b>5:30 pm</b> Drink one glass of Moviprep every 15 minutes until gone. Follow with 16 oz of a clear liquid of your choice.</p> <p><input type="checkbox"/> You may continue to drink clear liquids until bedtime.</p>	<p><input type="checkbox"/> <b>In the AM</b> Empty the second pouch A and the second pouch B with a second liter of luke warm water. This will give you a second liter of Moviprep.</p> <p><input type="checkbox"/> _____ Drink one 8 oz glass of Movi Prep 15 minutes until gone. Follow with 16 oz of a clear liquid of your choice.</p> <p><input type="checkbox"/> Up until 3 hours before your appointment, you can drink clear liquids. Then nothing to eat or drink until after your appointment.</p> <p><input type="checkbox"/> You may take only necessary medications with sips of water.</p> <p><input type="checkbox"/> Check in the Physicians pavilion located in Capital Medical Center building. Take elevator to the 3<sup>rd</sup> floor and check in at Suite 300.</p>

**Due to the use of Sedation, you will be required to arrive with someone who can sign you out and drive you home. \*\*\*We cannot permit you to take a taxi, bus, or drive yourself home.**

# LOW FIBER DIET

Type of food	OK to consume	Foods to Avoid
<b>Breads, Cereal, Rice and Pasta</b>	<ul style="list-style-type: none"> <li>• White bread, rolls, biscuits, croissants, melba toast</li> <li>• Waffles, French toast, and pancakes</li> <li>• White rice, noodles, pasta, macaroni and peeled cooked potatoes</li> <li>• Plain crackers, saltines</li> <li>• Cooked cereals: Farina, cream of rice</li> <li>• Cold cereals: Puffed Rice, Rice Krispies, Corn Flakes and Special K</li> </ul>	<ul style="list-style-type: none"> <li>• Breads or rolls with nuts, seeds or fruit</li> <li>• Whole wheat, pumpernickel, rye breads and cornbread</li> <li>• Potatoes with skin, brown or wild rice, and kasha (buckwheat)</li> <li>• Oatmeal, grits</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Tender cooked and canned vegetables without seeds: carrots, asparagus tips, green beans, pumpkin, spinach and lima beans</li> </ul>	<ul style="list-style-type: none"> <li>• Raw or steamed vegetables</li> <li>• Vegetables with seeds: okra, cucumbers, zucchini</li> <li>• Sauerkraut</li> <li>• Winter squash, peas, broccoli, Brussel sprouts, cabbage, onions, cauliflower, baked beans, peas, hominy and corn</li> </ul>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>• Strained fruit juice</li> <li>• Canned fruit, except pineapple</li> <li>• Ripe bananas, melons</li> </ul>	<ul style="list-style-type: none"> <li>• Prunes and prune juice</li> <li>• Raw or dried fruit</li> <li>• All berries, figs, dates and raisins, fresh pineapple</li> </ul>
<b>Milk and Dairy products</b>	<ul style="list-style-type: none"> <li>• Milk, plain or flavored yogurts, custard, ice cream, cheese and cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt with nuts or seeds</li> </ul>
<b>Meat, Poultry, Fish, Dry Beans, and Eggs</b>	<ul style="list-style-type: none"> <li>• Well-cooked tender beef, lamb, ham, veal, pork, fish, poultry, ground meats and organ meats</li> <li>• Eggs</li> <li>• Peanut butter without nuts</li> </ul>	<ul style="list-style-type: none"> <li>• Tough, fibrous meats with gristle</li> <li>• Dry beans, peas or lentils</li> <li>• Peanut butter with nuts</li> </ul>
<b>Fats, Snacks, Sweets, condiments, and Beverages</b>	<ul style="list-style-type: none"> <li>• Margarine, butter, oils, mayonnaise, sour cream and salad dressing</li> <li>• Plain gravies</li> <li>• Sugar, clear jelly, honey and syrup</li> <li>• Spices, cooked herbs, bouillon, broth and soups made with allowed vegetables</li> <li>• Coffee, tea, and carbonated drinks</li> <li>• Plain cakes and cookies</li> <li>• Hard candy</li> <li>• Pretzels, plain snack crackers</li> <li>• Gelatin, plain puddings, custard, ice cream, sherbet and Popsicles</li> <li>• Chocolate</li> </ul>	<ul style="list-style-type: none"> <li>• Nuts, seeds, and coconut</li> <li>• Jam, marmalade, and preserves</li> <li>• Pickles, olives, relish and horseradish</li> <li>• All desserts containing nuts, seeds, dried fruit, coconut or made from whole grains or bran</li> <li>• Candy made with nuts or seeds</li> <li>• Popcorn, snack crackers with seeds</li> </ul>