

INSTRUCTIONS FOR COLONOSCOPY WITH MOVIPREP

Day before examination:

Drink only "**clear liquids**" for **breakfast, lunch, and dinner**. (Solid foods, milk, or milk products are NOT allowed.)

Clear liquids include:

- 1 strained fruit juices without pulp (apple, white, grape juice or lemonade)
- 2 water
- 3 clear broth or bullion

Coffee or tea (without milk or non-dairy creamer)

All of the following that are **NOT colored red or purple**:

- 4 Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid, or other fruit flavored
 - 5 drinks
 - 6 plain Jell-O (without added fruits or toppings)
- Ice popsicles

FIRST DOSE: Begin at **4:00 PM** the afternoon before your procedure and proceed as shown below:

Step 1: Mix the first dose

- 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
- If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.

Step 2: Drink the first dose

- The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz), 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

SECOND DOSE: Repeat **Step 1 and 2** at **8:00 PM** the evening before your procedure.

NOTE -Individual responses to laxatives do vary: this prep may cause multiple bowel movements. It often works within 30 minutes, but may take as long as three hours.

**DO NOT EAT ANY SOLID FOOD UNTIL THE EXAMINATION IS COMPLETED.
YOU MAY HAVE CLEAR LIQUIDS UP UNTIL MIDNIGHT.
ABSOLUTELY NOTHING AFTER MIDNIGHT UNLESS OTHERWISE DIRECTED
YOU MUST AVOID IRON FOR ONE WEEK PRIOR TO THE EXAM!!!**