



**INSTRUCTIONS FOR COLONOSCOPY WITH MOVIPREP  
FOR PATIENTS SCHEDULED 1230 PM OR LATER ONLY (SPLIT DOSE)**

**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 drinks
  - 5 drinks
  - 6 plain Jell-O (without added fruits or toppings)
- Ice popicles

**FIRST DOSE:** Begin at **8:00 PM** the evening before your procedure and proceed as shown below:

**Step 1: Mix prep**

- 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 **5:00 AM** the morning of your procedure. You have to complete all the prep by **7 AM**

**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 7 AM.  
ABSOLUTELY NOTHING AFTER 7AM UNLESS OTHERWISE DIRECTED  
YOU MUST AVOID IRON FOR ONE WEEK PRIOR TO THE EXAM!!!**