

## MOVIPREP Bowel Preparation

USE ONLY THESE INSTRUCTIONS AND DISREGARD ALL OTHER INSTRUCTIONS!

### 5 days before your colonoscopy

Read all prep instructions.  
Stop herbals, vitamins, and oral iron supplements.  
Arrange for a driver for your procedure.  
Have your prescription for MoviPrep filled

### 2 days before your colonoscopy

Obtain MoviPrep from your pharmacy.  
Confirm that you have a driver to take you home following your procedure.  
At 6pm, mix MoviPrep powder according to the directions on the container and place in the refrigerator to chill.

**AVOID ALL NUTS AND SEEDS**

### The day before your colonoscopy

**NO SOLID FOOD. NO ALCOHOL. Clear liquids ALL DAY**

Mix up the first liter of MoviPrep. To do this, add 1 packet A and 1 packet B into container. Add lukewarm drinking water to the top line of the container. Mix until dissolved. Do not mix solution more than 24 hours before using. Solution may be chilled for better taste. If you have vomiting, nausea or bloating you may slowdown the rate at which you take MoviPrep. Be sure to finish the entire prep.

**You are encouraged to continue to drink clear liquids until you go to bed.**

- 1. At 5:00 pm, Begin drinking the MoviPrep-Every 15 minutes, drink solution down to the next line (8oz), until the entire liter is complete (5:00, 5:15, 5:30 & 5:45). Then immediately drink 2 cups (16 oz or half of the provided container) of clear liquids.**
- 2. At 6:30 pm, Mix container of MoviPrep and refrigerate it if you want it chilled for the next dose.**
- 3. At 6:30 – 8:30 pm, You may have unlimited amounts of clear liquids\***
- 4. At 8:00 pm, Begin drinking the MoviPrep- Every 15 minutes, drink solution down to the next line (8 oz.), until the entire liter is complete (8:00, 8:15, 8:30, & 8:45pm) Then immediately drink 2 cups of clear liquids\***
- 5. At 9:30 pm- 3 hours prior to the exam, you may have unlimited amounts of clear liquids\* until 3 hours prior to the exam. Stay well hydrated.**

### The day of your colonoscopy

**NO SOLID FOOD. NO ALCOHOL.**

You may take your morning medications. Do not take aspirin and anti-inflammatory medications (Motrin, Advil, Ibuprofen, Aleve and others) until after the procedure.

**NOTHING BY MOUTH 3 HOURS PRIOR TO THE EXAM!**

Do not eat or drink anything until after the procedure

**Clear Liquid Diet – (no red or purple)**

Gatorade

Clear fruit juices (apple juice)

Water, Kool-Aid

Clear soup, broth or bouillon

Tea/coffee without cream

Sodas: 7-up, Sprite, regular or diet Pepsi/Coke

Jell-O, Hard candies

Popsicles (no sherbets/fruit bars)

**No solid foods, milk or milk products.**