

Moviprep Instructions

Please arrange to have someone accompany you to drive you home.

REMEMBER: The preparation is very important. An adequate clean out allows for the best evaluation of your entire colon. During the prep, using baby wipes or Desitin may ease some of your discomfort.

You should NOT plan on working or driving the rest of the day following your procedure due to the sedation you will receive.

Diabetics should review our instruction supplement and notify your primary physician to discuss medication adjustments. Do not become overly concerned if your blood sugars are slightly elevated as this will be temporary during your prep only.

COLON PREP INSTRUCTIONS

You must make arrangements for someone to drive you home.

DAY BEFORE EXAM:

The DAY BEFORE your procedure/surgery:

Clear Liquids Only- Do not eat any solid food starting with breakfast

Examples of clear liquids: Water, clear fruit juices such as apple or white grape, chicken or beef bouillon, jello, clear Gatorade, popsicles, clear soft drinks, coffee without cream or sugar. **NO MILK OR MILK PRODUCTS. NO ORANGE JUICE. NO RED, ORANGE, OR PURPLE JELLO OR JUICES.**

AT LEAST 2 DAYS BEFORE YOUR PROCEDURE:

Purchase 1 **MoviPrep** kit from your pharmacist using the prescription provided by your physician. If you tend to get constipated, or sometimes use a laxative, talk to your physician.

INSTRUCTIONS FOR MIXING YOUR MOVIPREP SOLUTION:

1. Empty 1 pouch A and 1 pouch B into the disposable container.
2. Add lukewarm water to the top line of the container. Mix to dissolve. If you prefer, the solution can be refrigerated before drinking. The solution should be used within 24 hours. You may also add a small crystal light packet or lemon-lime Gatorade to enhance taste.

FIRST DOSING REGIMEN Date _____ Start time _____ PM

3. The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 ounces), until the full liter is complete. You may start going to the bathroom after only a couple glasses, but be sure to drink ALL of the solution.
4. Drink an additional 16 ounces of the acceptable clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep.
5. Prepare the second container of MoviPrep by repeating steps 1 and 2.

SECOND DOSING REGIMEN Date _____ Start time _____ AM/PM

6. Repeat steps 3 and 4.
7. Make an effort to drink additional clear liquids until _____ AM. At that point, it is important that you do not consume anything until after your procedure/colonoscopy.

You must complete the entire prep to ensure the most effective cleansing. Failure to do so could result in cancellation/inability to complete your procedure/surgery.