

Instructions For MoviPrep Bowel Prep

Please fill your prescription for Moviprep at least 3 days prior to your colonoscopy.

Day before colonoscopy

1- Drink only clear fluids for breakfast, lunch and dinner. These include water, clear fruit juices (apple, grape, Gatorade, bouillon and Jello (but no red or orange Jello). Do not consume solid food or milk products. (See attached sheet for clear liquids).

2- Beginning at 6:00 PM empty 1 Pouch A and 1 Pouch B into the disposable MoviPrep container. Add lukewarm drinking water to the top line on the container and mix to dissolve powder. (Note: if preferred, mix solution ahead of time and chill prior to drinking. The reconstituted solution should be used within 24 hours). The container is divided by marks. Every 15 minutes drink the solution down to the next mark, (approximately 8oz.), until the 1 liter container is consumed.

3- Drink 16 oz. of water within 30 minutes of finishing prep. This is necessary to ensure adequate hydration and an effective prep.

4- Do not have anything else to eat or drink, except for heart or blood pressure medication.

Morning of the Procedure

5- Beginning at 3:00 AM empty 1 Pouch A and 1 Pouch B into the disposable MoviPrep container. Add lukewarm drinking water to the top line on the container and mix to dissolve powder. (Note: if preferred, mix solution ahead of time and chill prior to drinking. The reconstituted solution should be used within 24 hours). The container is divided by marks. Every 15 minutes drink the solution down to the next mark, (approximately 8oz.), until the 1 liter container is consumed.

6- Drink 16 oz. of water within 30 minutes of finishing prep. This is necessary to ensure adequate hydration and an effective prep. **NOTHING AFTER 4:30 AM!!**

7- Do not have anything else to eat or drink, except for heart or blood pressure medication.