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COLONOSCOPY (MoviPrep Preparation)

TWO DAYS PRIOR TO COLONOSCOPY

- Read over your instructions and make sure you have everything you need.
- Movi Prep Prescription

DAY BEFORE YOUR COLONSCOPY PROCEDURE

On this day you will be on a clear liquid diet, **(no solid foods at all)** all day (see examples of clear liquids at the bottom of the page and the attached sheet). We encourage you to drink a lot of fluids from the clear liquid diet, which will help keep you hydrated and help clear out your colon faster.

1. **At _____ pm**- Begin drinking the MoviPrep. Empty 1 pouch A and 1 pouch B into the disposable container, add lukewarm water to the line on the container and mix to dissolve. *You may mix this solution earlier in the day and store it in the refrigerator if you wish to drink it cold.* **Drink** 8 ounces (down to each line marked on the bottle) **every 15 minutes** until the entire liter is gone. **Drink** 16 oz. of any clear liquid, this is necessary to ensure adequate hydration and an effective prep.

Continue drinking clear liquids through until midnight.

Clear Liquid Diet Examples: Water, iced tea, coffee (no cream), apple juice, white grape juice, lemonade, limeade, crystal light, clear fat free broth or boullion cubes, Jello, or popsicles.

Nothing with red, purple, blue pink dye; dairy; and alcohol.

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MORNING OF YOUR COLONSCOPY

1. **At _____ am**- Begin drinking the MoviPrep. Empty 1 pouch A and 1 pouch B into the disposable container, add lukewarm water to the line on the container and mix to dissolve. *You may mix this solution earlier in the day and store it in the refrigerator if you wish to drink it cold.* **Drink** 8 ounces (down to each line marked on the bottle) **every 15 minutes** until the entire liter is gone. **Drink** 16 oz. of any clear liquid, this is necessary to ensure adequate hydration and an effective prep, this **MUST** be finished within **1 hour.**

NOTHING to DRINK or (EAT) until AFTER your colonoscopy.

Please refrain from eating seeds and nuts FOUR DAYS prior to your procedure.

****If you are diabetic or on any blood thinners please make sure you have special instructions regarding these medications. Call us right away if this is a concern.

When the hospital to calls to confirm your appointment and if the time is different than what was originally scheduled, please contact our office **immediately** as your prep times will change.