

COLONOSCOPY PREPARATION INSTRUCTIONS – 2 Day Moviprep

Patient Name: _____ Doctor: _____

Procedure Date: _____ Check-in at _____ a.m./p.m. with procedure to follow one hour later.

Facility where procedure is to be performed: Southeast Valley Endoscopy Center

- 1.) **FILL PRESCRIPTION** for MoviPrep at your pharmacy.
- 2.) **NO NUTS, SEEDS, POPCORN OR CORN FOR ONE WEEK PRIOR TO COLONOSCOPY.**
- 3.) **TWO DAYS BEFORE YOUR PROCEDURE:** For the entire day, follow a full liquid diet only – Smooth ice cream, milk, pudding, vegetable juice, fruit juice/nectar, liquid supplements (Boost, Ensure, Resource, Sustacal), soup (broth, bouillon, consommé, and strained cream soups – **but NO SOLIDS**).
- 4.) **FOR THE ENTIRE DAY BEFORE YOUR TEST, FOLLOW A CLEAR LIQUID DIET.**
NO SOLID FOODS MAY BE EATEN! We recommend that you drink at least 32 ounces of clear fluids before beginning the prep. Clear liquids include water, pulp-free juice, tea, coffee, soda, clear broth, Jell-O, popsicles and Gatorade (no red or purple). *Please do not consume milk, milk products, non-dairy creamer, red or purple products or alcoholic beverages.*
- 5.) **NOTHING BY MOUTH 4 HOURS PRIOR TO YOUR CHECK-IN TIME – THIS INCLUDES WATER, MEDICATIONS, GUM AND MINTS.** You may continue to drink clear liquids up to four hours prior to your check-in time.
- 6.) **WHEN TO DRINK THE LAXATIVE SOLUTION:**
 - ☐ **If you have a check-in time of 9:30 a.m. or earlier:**
 - **At 5:00 p.m. the day before your colonoscopy,** empty one Pouch A and one Pouch B into the disposable container. Add lukewarm water to the top line of the container. Mix to dissolve. You may put MoviPrep in the refrigerator to chill. Within one hour, begin drinking 8 oz of the MoviPrep solution every 15 minutes until the full liter is consumed. Then drink 16oz of the clear liquid of your choice. This is necessary to ensure adequate hydration and an adequate prep.
 - **At 10:00 p.m. the day before your colonoscopy,** again empty one Pouch A and one Pouch B into the disposable container. Add lukewarm water to the top line of the container. Mix to dissolve. You may put MoviPrep in the refrigerator to chill. Within one hour, begin drinking 8 oz of the MoviPrep solution every 15 minutes until the full liter is consumed. Then drink 16oz of the clear liquid of your choice.
 - ☐ **If you have a check-in time of 10:00 a.m. or later:**
 - **At 7:00 p.m. the day before your colonoscopy,** empty one Pouch A and one Pouch B into the disposable container. Add lukewarm water to the top line of the container. Mix to dissolve. You may put MoviPrep in the refrigerator to chill. Within one hour, begin drinking 8 oz of the MoviPrep solution every 15 minutes until the full liter is consumed. Then drink 16oz of the clear liquid of your choice. This is necessary to ensure adequate hydration and an adequate prep.
 - **On the day of your colonoscopy, at _____ a.m. (5 ½ hours before your check-in time)** empty one Pouch A and one Pouch B into the disposable container. Add lukewarm water to the top line of the container. Mix to dissolve. Begin drinking 8 oz of the MoviPrep solution every 15 minutes until the full liter is consumed. Then drink 16oz of the clear liquid of your choice. **If you wish to chill the MoviPrep you will have to start 6 ½ hours before your check-in time.**

REMINDER: Nothing by mouth 4 hours prior to your check-in time.
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- **Failure to follow these instructions could result in your procedure being postponed or cancelled. This is for your safety and to prevent an increased risk of pulmonary aspiration due insufficient time to allow stomach contents to be empty.**