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MoviPrep Preparation for Colonoscopy

- **Fill MoviPrep Prescription at the pharmacy**
- **Five days before your exam, STOP taking preparations that contain IRON.**
- **If you are taking Aspirin, Plavix, Coumadin or other blood thinners, call our office for specific instructions.**
- **Two days before the exam, stop taking fiber, especially seeds, nuts and pulp.**
- **If diabetic, do not take your diabetes pills the day before and the day of the exam. If taking Insulin, use ½ (half) of the usual dosage the day before the exam and the day of the exam.**

**The day before the procedure:**

- **VERY IMPORTANT: Maintain a clear liquid diet the entire day-NO SOLID FOOD!**
- Drink plenty of fluids-water, Gatorade, carbonated beverages, apple juice, fruit juices without pulp, clear soup, Jell-O, tea, coffee, sugar or artificial sweetener, lemon. **NO MILK OR MILK PRODUCTS, NOTHING RED OR PURPLE IN COLOR.** Nothing should contain seeds, nuts, fiber, or pulp.
- **It is important that you drink plenty of liquids all day!**

**Beginning at 6 pm day before your colonoscopy, TAKE THE 1<sup>ST</sup> DOSE OF MOVIPREP:**

- **Step 1:** Empty 1 Pouch A and 1 Pouch B into the disposable container. Add drinking water to the top line of the container. Mix to dissolve.  
\*Suggestion: Mix solution ahead of time and refrigerate prior to drinking. (Must use the solution within 24 hours.)
- **Step 2:** The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz), until the full liter is complete.  
\*Drink additional 16 oz of the clear liquid of your choice.
- **Step 3:** Once you have finished your 1<sup>st</sup> dose of Moviprep: **Repeat Step 1** from above. You are now preparing your 2<sup>nd</sup> dose of Moviprep for the morning.

**On the day of the procedure:**

**Beginning at least 3 hours before leaving your house for your colonoscopy, TAKE THE 2nd DOSE OF MOVIPREP:**

- **Step 4:** The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz), until the full liter is complete.  
\*Drink additional 16 oz of the clear liquid of your choice.  
\*Stop all liquids 2 hours before the procedure.
- If you have any questions regarding these instructions, please call this office.
- **Special notice:** Persons are too often unprepared for colonoscopy, because they make a decision that the number of bowel movements from one dose is sufficient, and either do not take the second dose, or decide to take enemas instead. This is NOT acceptable.
- **The second dose on the day of colonoscopy is important in the cleaning process and must be taken.**
- Additional Instructions: