

## MoviPrep Bowel Preparation

### Importance of DRINKING LIQUIDS during the bowel preparation process

During bowel preparation you will lose significant amounts of fluid. THIS IS NORMAL. It is very important that you replace this fluid to prevent dehydration. Drink large amounts of clear liquids. Drinking large amounts of clear liquids also helps ensure that your bowel will be clean for the examination. A completely clean colon may help avoid the need for a repeat exam.

Read carefully, Follow the steps listed below

### Purchase Rx

From Pharmacy MoviPrep Bowel Kit

Over the counter)

64oz Gatorade, Propel, water or other clear liquid, Diabetic patients- use crystal light

### DAY BEFORE EXAM

9:00 a.m.

**Do not eat until after your procedure**

**Clear liquids only (see list) Keep Hydrated all day.**



### **ALL DAY LONG CLEAR**

#### **LIQUIDS DIET LIST**

(DO NOT DRINK ANYTHING COLORED RED OR PURPLE)  
Water, tea or coffee (no milk or non-dairy creamer) sweeteners are o.k.

Soft drinks (7-up, cola, ginger ale, orange, Sprite, etc.) Gatorade, Propel, Kool-Aid, lemonade.

Strained fruit juices; without pulp.

(apple, white cranberry, orange, white grape, etc.)

Low sodium chicken or beef bouillon/broth

Hard candies, Jell-O, Popsicles

NO sherbets or fruit bars

### Prepare MoviPrep Solution for first dose

Empty 1 Pouch A and 1 Pouch B into the disposable container, add lukewarm drinking water to the top line of the container. Mix to dissolve. Refrigerate, as the mixture will taste better.

### Evening before procedure, Split Dose (1-Day) Regimen

4:00 p.m. (You may vary times by 2 hours - between 4:00 to 6:00 pm)

#### **Drink MoviPrep Solution**

- 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 16 oz of the clear liquid of your choice.
- You may then drink all the Clear Liquids you like **Prepare MoviPrep Solution for second dose**
- Empty 1 Pouch A and 1 Pouch B into the disposable container; add lukewarm drinking water to the top line of the container, Mix to dissolve, Refrigerate, as the mixture will taste better

6 hours after 1<sup>st</sup> dose

10:00 p.m. to 12:00 a.m. Second dose:

**Drink**

**MoviPrep Solution**



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- 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 16 oz of the clear liquid of your choice.
- You may then drink all the Clear liquids you like, until 1:30 a. m.

**NOTHING TO DRINK AFTER 1:30 a. m. or before procedure in the morning!!!**