

MOVIPREP SPLIT DOSE

Prep Instructions for Colonoscopy

COLONOSCOPY - procedure performed to help identify and/or correct a problem in the colon. You will be sedated before an endoscope is inserted through the anus and gently moved around the bends of the colon. The procedure usually takes 30-60 minutes. You **MUST** complete the entire prep to ensure the most effective cleansing.

2 Liter Preparation – The MoviPrep carton contains 4 pouches, 2 labeled “A” and 2 labeled “B” along with a disposable container for mixing. You **MUST** complete the entire prep to ensure the most effective cleansing.

STOP –



taking All Fiber Supplements (Metamucil, Citrucel, Fiber-con, Benefiber, Konsyl, etc.) **ONE WEEK** prior to the procedure. You may resume taking fiber supplements after the procedure.



taking Coumadin **FIVE DAYS** prior to the procedure. If you have any questions, please contact your prescribing physician.



taking Plavix **SEVEN DAYS** prior to the procedure. If you have any questions, please contact your prescribing physician.

IF YOU HAVE DIABETES –

- Oral medication: **DO NOT** take the morning of the procedure.
- Insulin: **Reduce** the morning dose by **half**, the morning of the procedure.

Day prior to the procedure:

1. Begin a clear liquid diet that morning and continue through the day. This consists of coffee and/or tea with artificial sweeteners **ONLY** – (**NO milk, cream, or sugar**). Diet Sodas, beef and/or chicken broth, sugar-free jello and popsicles. (**AVOID red food coloring.**)
***If you are diabetic, have white grape juice available if you feel your blood sugar is dropping to low.
2. The evening before your colonoscopy beginning at: **5pm**
 - Step 1: Empty 1 “Pouch A” and 1 “Pouch B” into the disposable container. Add lukewarm drinking water to the top line of the container. Mix/Shake to dissolve. You may mix the solution ahead of time and refrigerate prior to drinking. The solution must be consumed within 24 hours of mixing.
 - Step 2: The MoviPrep container is divided by 4 marks. Every 20 minutes, drink the solution down to the next mark (approximately 8 ounces) until the full liter is consumed. Drink 16 ounces of clear liquid of your choice after taking MoviPrep. (**AVOID red and purple liquids.**)

Day of the procedure:

1. The morning of your colonoscopy beginning at **6 hours prior to your procedure time.**
 - Step 1: Empty 1 “Pouch A” and 1 “Pouch B” into the disposable container. Add lukewarm drinking water to the top line of the container. Mix/Shake to dissolve. You may mix the solution ahead of time and refrigerate prior to drinking. The solution must be consumed within 24 hours of mixing.
 - Step 2: The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 ounces) until the full liter is consumed. Drink 16 ounces of clear liquid of your choice after taking MoviPrep. (**AVOID red and purple liquids.**)

You must consume the remainder of the solution 4 hours prior to your procedure time. Drink each glass very quickly. Nothing by mouth after completing solution.