



# Digestive Health Specialists

OF THE SOUTHEAST

## Preparation for Colonoscopy with MoviPrep

Exam date: _____
Arrive to admissions at: _____
Location: _____
<b>Please fill your prescription for MoviPrep at the pharmacy a few days before your exam (Colonoscopy).</b>

### The day before the exam:

- You can have a normal breakfast before 9am, but after that, you must maintain a clear liquid diet the ENTIRE day (NO SOLID FOOD)! This is very important

LIQUIDS YOU <u>CANNOT</u> DRINK	ALLOWED LIQUIDS
Dairy products	Clear Broth (no noodles, meat or vegetables)
Orange juice	Clear juice (apple, white grape, lemonade)
Yogurt	Gatorade (clear color)
Anything <b>RED</b> in color	Ginger Ale, 7-UP, Sprite
Cream	Water
Milk	Green or yellow Jell-O or popsicles
Anything you cannot read a newspaper through	Coffee or tea (no cream or milk); you can add sugar, honey or lemon

### In the morning or early afternoon on the day before the exam:

1. Empty **only one** Pouch **A** and **one** Pouch **B** into the disposable container. Add lukewarm drinking water to the top line of the container. Mix to dissolve.
2. Refrigerate so that it will be cool or chilled by 6:00pm.

### Beginning at 6:00PM the day before the exam:

3. 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 completed.
4. You may add crystal light or any powdered drink mix of your choice (not red, blue, or purple)
5. You may drink 16 oz. of the clear liquid of your choice (see examples above).
6. Repeat step 1 above and refrigerate so it will be chilled by 4am.
7. Drink only clear liquids until midnight. **Do not eat or drink anything after midnight.**

### Beginning at least 3 hours before you scheduled exam time (this is on the day of exam):

7. Repeat steps 3 and 4 above
8. You can take medications with a sip of water if necessary.