



MOVIPREP

3 DAYS BEFORE YOUR EXAM

HAVE YOUR PRESCRIPTION FOR MOVIPREP FILLED.

No raw fruits or vegetables – No whole wheat or multigrain foods – No nuts or popcorn – No bran or bulking agents

2 DAYS BEFORE YOUR EXAM

Continue the low-fiber diet – Drink a large amount of water during the day – Stop eating solid foods at 11:45 PM

1 DAY BEFORE YOUR EXAM

BEGIN A CLEAR LIQUID DIET - YOU MUST BE ON A CLEAR LIQUID DIET FOR ALL MEALS THE DAY BEFORE YOUR PROCEDURE. IF YOU EAT SOLID FOOD – DO NOT PREP. CALL YOUR PHYSICIAN’S OFFICE TO RESCHEDULE YOUR PROCEDURE.

Water --- You must drink at least 2 quarts of water with your prep. You may also have the following: coffee or tea (no milk or non-dairy creamer) clear broth or bouillon, Gatorade, Pedialyte, Powerade, carbonated and non-carbonated soft drinks, Kool-Aid or other fruit-flavored drinks, strained fruit juices (no pulp), Jell-O, popsicles, or hard candy.

NO RED LIQUIDS -- NO ALCOHOL

REVIEW THE INSTRUCTION PACKET AGAIN PRIOR TO BEGINNING THE PREP.

THE DAY BEFORE YOUR PROCEDURE

You must drink a large amount of clear liquids along with taking your prep

**5:00 P.M.
MIX**

MIX Empty 1 pouch A and 1 pouch B into the disposable container. Add lukewarm drinking water to the top line on the container. Mix to dissolve. *(If preferred, mix solution ahead of time and refrigerate prior to drinking. The solution should be used within 24 hours.)*

5:30 P.M.

DRINK 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 consumed. *A straw may be helpful.* You must drink at least 16 ounces of additional clear liquid of your choice. This is necessary for adequate hydration and an effective prep.

THE DAY OF YOUR PROCEDURE

4 HOURS BEFORE YOUR APPOINTMENT TIME

MIX Empty 1 Pouch A and 1 Pouch B into the disposable container. Add lukewarm drinking water to the top line on the container. Mix to dissolve. *(If preferred, mix the solution ahead of time and refrigerate prior to drinking. The solution should be used within 24 hours.)*

DRINK 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 consumed. You must drink at least 16 ounces of additional clear liquid of your choice. This is necessary for adequate hydration and an effective prep.

You may drink clear liquids until 2 hours before your appointment time.

IF YOU HAVE ANY QUESTIONS/CONCERNS, OR IF YOU ARE UNABLE TO TAKE THE PREP, PLEASE CALL YOUR PHYSICIAN’S OFFICE OR THE ANSWERING SERVICE AFTER HOURS FOR THE PHYSICIAN ON CALL.

G.I. Diagnostic and Therapeutic Center, L.L.C.

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