

## MoviPrep

**\*\* 5-7 days before your procedure have your prescription filled.**

**\*\* If you routinely have less than 2 bowel movements per week then you will also need to purchase an 8.3oz bottle of Miralax from the pharmacy to provide you with 10 doses of this laxative. Begin taking a dose of Miralax twice a day for the 5 days prior to your procedure. Take the last dose of Miralax the morning before your procedure.**

**\*\* 3 days prior to your procedure begin following the Pre-colonoscopy diet plan. Eat exactly what is permitted: do not take liberties.**

### THE DAY BEFORE YOUR PROCEDURE - BETWEEN 3 AND 6 PM - START YOUR PREP

- 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. (*The solution may be mixed and refrigerated ahead of time. You must drink the solution within 24 hours of mixing.*)
- Start drinking the solution. The prep container is divided by 4 marks. Every 15 minutes drink down to the next mark until the solution is completely gone. A straw may be helpful.
- Your body loses significant amounts of fluid during bowel preparation. In order to prevent dehydration it is important to supplement that fluid loss with clear liquids. **Make a conscious effort to drink as much as you can before, during and after the preparation.**
- If you experience nausea – slow down your prep intake, walk around until nausea relieved. Over the counter “anti-gas” drops or pills may help relieve excessive gas
- Use baby wipes and/or Balneol cream or lotion during the prep. Toilet paper can cause irritation.

### THE DAY OF YOUR PROCEDURE – 4 HOURS BEFORE YOU LEAVE YOUR HOME FOR YOUR APPOINTMENT

- Empty the second pouch “A” and the second pouch “B” into the disposable container. Repeat the same instructions you followed the previous day.
- You may drink clear liquids until 3 hours before your appointment time.
- You may take your prescription medications (except those listed in the booklet) with water up to 3 hours before your appointment arrival time.
- **Do not use items such as gum, hard candy, breath mints or smokeless tobacco the day of your procedure.**
- If you have any questions or concerns or if you are unable to prep, please call your physician’s office. If the time is after normal office hours the answering service will take your call and contact the physician on-call.