

MoviPrep

5 - 7 DAYS BEFORE THE PROCEDURE - Have your prescription filled. Please follow the instructions listed below, not the instructions on the prep box.

5 DAYS BEFORE THE PROCEDURE - If you routinely have less than 2 bowel movements per week then you will also need to purchase an 8.3oz bottle of Miralax. Begin taking a dose of Miralax twice a day **5 days prior** to your procedure. Take the last dose of Miralax in the morning **the day before** your procedure.

3 DAYS BEFORE THE PROCEDURE - AVOID raw fruits and vegetables, whole wheat/multigrain products, beans, nuts, popcorn and seeds.

THE DAY BEFORE THE PROCEDURE - You may only have **clear liquids the entire day** such as water, coffee, tea, broth, sodas, apple juice, Gatorade, Kool-aid, Jell-O, popsicles and hard candy. You may not have any solid food. **It is important to drink extra clear liquids before your prep to maintain adequate hydration. Do not drink liquids that are not clear such as milk. Do not drink red or purple colored liquids.**

THE DAY BEFORE THE PROCEDURE – BETWEEN 3 AND 6PM – START

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 to dissolve. (The solution may be mixed and refrigerated ahead of time. You must drink the solution within 24 hours of mixing.)



STEP 2:

- 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.
- **Make a conscious effort to drink as much clear liquids as you can before, during and after the preparation.**

NOTE:

- If you experience nausea - slow down your prep intake and walk around until nausea is relieved.
- Use baby wipes and/or Balneol cleansing cream or lotion during the prep to reduce irritation.

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

STEP 1:

- Empty the second pouch "A" and the second pouch "B" into the disposable container. Add lukewarm drinking water to the top line of the container. Mix to dissolve.

STEP 2:

- 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.
- 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 smokeless tobacco on the day of your procedure.
- Starting 3 hours before your appointment arrival time **absolutely nothing by mouth** including gum, hard candy, breath mints.



Please call us at 901-747-3630 if you have any questions or if you are having difficulty with the preparation. We are available 24 hours a day, 7 days a week.