

MoviPrep Split Dosing One Day Prep

Please follow instructions carefully. Failure to take the prep as indicated below may result in a poorly cleansed colon and possible cancellation of the procedure.

One Day Before Your Colonoscopy

- **Fill the prescription** from your doctor for **MoviPrep**. Purchase additional over the counter products that are listed on your instruction sheet.
- (See "**Clear Liquid**" Sheet) Start a clear liquid diet and continue clear liquids throughout the day. Solid foods, milk or milk products are **NOT** allowed.
- **Hemorrhoid Ointment or Cream and Hemorrhoid Wipes** (apply to ointment or cream to skin when you start your bowel prep and after each bowel movement, this will act as a barrier and help protect your skin)
- Use **Peri bottle**-filled with water to rinse area and pat dry after bowel movement.

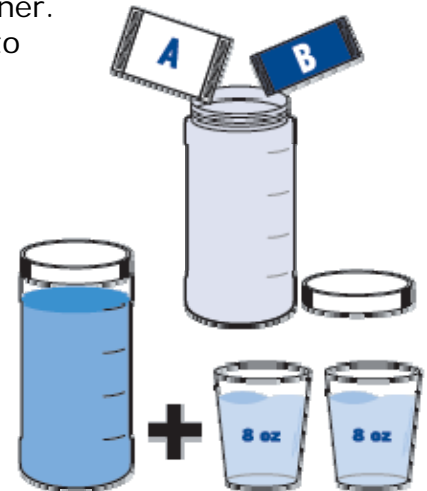
Do not fast !!! Drink a variety of liquids that are listed for proper hydration.

Early Morning - mix your **MoviPrep** solution.

1. Empty 1 pouch A and 1 pouch B into the disposable container.
2. Add lukewarm water to the top line of the container. Mix to dissolve. Refrigerate.

Evening— start prep at **7:00pm**

3. The **MoviPrep** container is divided by four marks. Every **15** minutes, drink the solution down to the next mark (approximately 8 ounces), until the full liter is empty.
4. **Drink at least 16 ounces of the clear liquid of your choice.** You may start going to the bathroom after only a couple of glasses, but be sure to drink ALL the solution. Continue drinking clear liquids until bedtime.
5. Prepare the second container of **MoviPrep** and refrigerate.



Morning of procedure- at:_____

6. **Repeat steps 3 and 4** with the remaining Liter.

Remember nothing by mouth 4 hours before colonoscopy and 6 hours before colonoscopy with EGD!

The Day of Your Colonoscopy

- **ONLY IF NEEDED.** (If stools are cloudy or contain particles of sediment.) Take **2 Fleets saline enemas two hours before leaving home.** Follow directions per package. Retain the first enema as long as possible. Complete the second enema immediately after expelling the first enema. Please pay attention to the results in the toilet bowl and be able to **report color and consistency to the nurse on arrival** to the Endoscopy Center