

MoviPrep

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.

Two Days Before Your Colonoscopy

- Take one bottle of magnesium citrate at 7:00pm. (Purchase over the counter)

One Day Before Your Colonoscopy

- Fill the prescription from your doctor for MoviPrep.
- Start a clear liquid diet and continue clear liquids throughout the day. Solid foods, milk or milk products are NOT allowed. No food or drink 4 hours before procedure.

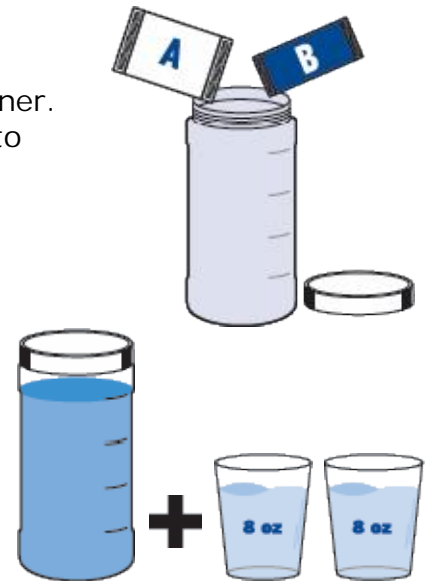
Clear Liquids Include (See attached "Clear Liquid" Sheet for more information)
Juices without pulp (apple, white grape, white cranberry, lemonade), Water, Tea, Plain Jello (not red or purple), Soda or non-carbonated soft drinks, Clear broth or bouillon, Ice Pops (not red or purple). Do not fast. Please drink a variety of liquids that are listed above 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 4:00pm

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 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.



Evening – at 9:00pm

6. Repeat steps 3-4.

Remember not to eat or drink anything 4 hours before your procedure.

The Day of Your Colonoscopy

2 hours before leaving home, if stools are cloudy or contain particles of sediment.

- Take 2 Fleets enemas. Follow the directions on the label. This must be purchased over the counter.