

Bowel Preparation Instructions – Moviprep

Any questions please call (631)-289-0300 ext. 224.

3 DAYS PRIOR to the PROCEDURE:

- Do not eat foods high in fiber.
- Examples are whole grain breads and cereals, fruits, nuts, seeds, quinoa, popcorn, and cooked or raw vegetables.
- Do not take any fiber supplements.

On the DAY BEFORE Your PROCEDURE:

DIET

- Consume only clear liquids the entire day before
- Okay to consume one protein shake, before 11 am, but only from the following lists:
 - Protein powder mixed with water or milk
 - Pre-made Protein shake
 - AVOID FRUIT or VEGETABLE shakes.
- Clear beef or chicken broth
- Popsicles, except for red, purple or blue
- Coconut water (NOT coconut milk)
- Strained fruit juice such as apple or white grape juice
- Coffee and tea (without cream or dairy products)
- Gatorade
- Soft drinks
- Kool-Aid
- Jell-O
- Do not drink alcohol

At 11 AM: Begin Drinking ONLY clear liquids. NO MORE PROTEIN SHAKES.

A clear liquid is one that can you see through.
Examples of clear liquid are as follows:

PREP – Procedure 9am or later

7pm - Start 1st Dose:

1. Mix the Moviprep® solution (one pouch A and one pouch B) with water in the container. Close the lid and shake until the powder is completely dissolved.
2. The Moviprep® container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark this is 8 oz.
3. Drink an additional 16 oz of clear liquids.
 - *Drink plenty of clear liquids during and after bowel-prep process to help prevent dehydration*

On the Morning/Day of your PROCEDURE

6am – start 2nd Dose:

- Follow steps 1 – 3 above.
- Be sure to finish drinking all of your laxative by 7am.
- If you take daily medication(s), you may do so up until 2 hours before your scheduled report time with small sips of water.
- If you take blood thinners, follow the instructions your health care provider gives you.
- Arrange for a ride home. You will be drowsy after the exam and will need an escort, 18 years or older. If taking a medical cab service, you will need an escort as well to take you home.

The importance of a GOOD PREP

Your prep is one of the most important parts of your colonoscopy. Without a good prep, your bowel empty and clean, your gastroenterologist will not be able to see your colon clearly. This could lead to missing a polyp/lesions or rescheduling your colonoscopy.