



Digestive Health Specialists

OF THE SOUTHEAST

INSTRUCTIONS FOR OUTPATIENT PROCEDURES/COLONOSCOPY

MOVIPREP

1. **FIVE DAYS PRIOR TO PROCEDURE: (Restricted Residue Diet) DO NOT EAT** nuts, seeds, popcorn, or corn. Discontinue fiber supplements such as Metamucil, Citrucel, Fiberall, etc.
2. **ONE DAY PRIOR TO PROCEDURE:** You may only eat or drink clear liquids the entire day prior to your test. You may have Jell-O, popsicles, clear juices that have no pulp, black coffee, tea, colas, etc. **NOTHING RED, PURPLE, OR BLUE AND NO DAIRY PRODUCTS!!!**
3. In the morning or early afternoon on the day before the exam, empty only one Pouch A and one Pouch B into the disposable container. Add lukewarm drinking water to the top line of the container. For flavor, you may add a Crystal Light product (not red, blue, or purple). Shake the solution until powder is dissolved.
4. Refrigerate so that it will be cool or chilled by 6:00 p.m.
5. Beginning at 6:00 p.m. before the day of the exam, begin drinking the MoviPrep solution. The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz.), until the full liter is completed. This solution should give you diarrhea so that your colon is clean for a good examination at the time of your test. If you do not drink all of the solution, your examination will be inadequate and may need to be rescheduled.
6. Once you complete the solution, please drink an additional 16 oz of a clear liquid of your choice (see examples above).
7. Repeat step 3 above with the remaining pouches and refrigerate so it will be chilled by 4 a.m.
8. Drink only clear liquids until midnight. Do not eat or drink anything after midnight.
9. On the day of your exam, beginning at least 4 hours before your scheduled exam, begin drinking the solution as in step 5 above.
10. On the day of your procedure do not drink anything two hours prior to your arrival time. It is okay to take your required medication with only a small amount of water.