

## **MoviPrep Colon Prep**

### **2 to 3 days before your colonoscopy:**

Avoid raw fruits and raw vegetables.

### **1 day before your colonoscopy:**

Enjoy a light breakfast such as cereal, toast, eggs (but without seeds, raw fruits or raw vegetables). After your breakfasts DO NOT eat solid food until after your colonoscopy is performed the following day.

**YOU MAY HAVE ONLY CLEAR LIQUIDS UP TO TWO (2) HOURS BEFORE YOUR PROCEDURE.**

Acceptable clear liquids are water, apple juice, ginger ale, 7-up, coffee (black), tea (no milk or creamers), Gatorade (not red in color), Jello (not red in color), chicken broth (fat free) or beef broth (fat free).

### **If your procedure is scheduled before 11am:**

#### **On the evening before your Colonoscopy:**

**At 6pm:** Mix the contents of one Pouch A and one Pouch B with 1-liter of water. Drink the 1-liter MoviPrep solution. Try to finish in 1 to 2 hours. Some like to drink 10 oz every 10 minutes but if you feel like vomiting slow down your drinking or take a break for an hour. You may also find it helpful to suck on a hard candy in between glasses of MoviPrep. Drink a liter (about a quart or 32oz) of clear liquid after taking your preparation.

**At 8pm:** Mix the contents of the second Pouch A and the second Pouch B with 1-liter of water. Drink the 1-liter MoviPrep solution as described above. Drink a liter (about a quart or 32oz) of clear liquid after taking your preparation.

**OR**

### **If your procedure is scheduled after 11am:**

**On the evening before your procedure at 6pm** Mix the contents of one Pouch A and one Pouch B with 1-liter of water. Drink the 1-liter MoviPrep solution. Try to finish in 1 to 2 hours. Some like to drink 10 oz every 10 minutes but if you feel like vomiting slow down your drinking or take a break for an hour. You may also find it helpful to suck on a hard candy in between glasses of MoviPrep. Drink a liter (about a quart or 32oz) of clear liquid after taking your preparation.

**On the morning of your procedure at 8am:** Mix the contents of the second Pouch A and the second Pouch B with 1-liter of water. Drink the 1-liter MoviPrep solution as described above, followed by at least 500 mL (one half quart) of clear liquid.

### **DO NOT HAVE ANYTHING TO DRINK FOR 2 HOURS BEFORE YOUR PROCEDURE.**

For example, if you are scheduled for a 10 A.M. procedure, stop your clear liquid diet and have nothing by mouth after 8 A.M. the morning of your procedure.

**Please call us with any questions at 303-861-0808.**