



PREPARATION FOR MORNING COLONOSCOPY (Before 12pm) MoviPrep

Diet

The day **before** the colonoscopy, you may only have a **CLEAR LIQUID DIET**. Clear liquid diet consists of plenty of water, tea, fruit juices **WITHOUT** pulp (like apple juice), Gatorade, clear soft drinks, clear broth and jello (**Please no red or purple jello**).

You should take all your medications as usual with water with the exception of **aspirin** or **iron** supplement. **If you are diabetic**, and take Insulin or diabetic medication, take only half the dose you normally take.

Nothing to eat or drink after 12:00 midnight.

Medication

Please purchase **MoviPrep** from the pharmacy (prescription is provided). The box of **MoviPrep** contains a plastic bottle and a small box containing 2 packets consisting of 2 pouches, one labeled "A" and another smaller pouch labeled "B."

STEP ONE: Mix the first dose of MoviPrep. Take one of the two packets and empty pouches A and B into the plastic container, mix with water, and refrigerate.

STEP TWO: The evening before your procedure, beginning at **5pm**, drink the solution within ONE HOUR (8 oz every 15 minutes) until the full liter is consumed. **After you finish drinking the first dose, drink 16 oz of any clear fluid.**

STEP THREE: Mix the second dose of MoviPrep. Take the remaining packet and empty pouches A and B into the plastic container, mix with water, and refrigerate.

STEP FOUR: Beginning at **9pm**, drink the solution within ONE HOUR (8 oz every 15 minutes) until the full liter is consumed. **After you finish drinking the second dose, drink 16 oz of any clear fluid.**

Mild nausea, fullness, and abdominal discomfort are not unusual.

If you have any questions regarding the preparation, please do not hesitate to call the office.

NOTHING to eat or drink after 12:00 midnight, and **NOTHING to eat or drink** the day of the procedure except SPECIFIED medications. **Diabetics** should hold their morning dose and check a finger stick before coming for their procedure.