

TWO DAY PROCEDURE PREP

FOLLOW THESE INSTRUCTIONS FOR YOUR PREPARATION Failure to take the prep as indicated below will result in a poorly cleansed colon and cancellation of the procedure. This is for your safety and to eliminate the possibility of having to repeat this procedure.

What You Will Need to Successfully Complete this Prep:

- One bottle of **Magnesium Citrate** (which is found at your local drug store and purchased over the counter, no prescription required). Refrigeration of this item may help the taste.
- Prior to your procedure have your prescription for Movi Prep filled at the pharmacy.

TWO DAYS BEFORE YOUR PROCEDURE:

- Drink the entire bottle of Magnesium Citrate at 6pm on _____. Followed by one full glass of clear liquid. Then drink at least one 8 oz. glass of clear liquid every hour. No solids after this. You are to be on a clear liquid diet.

THE DAY BEFORE YOUR PROCEDURE, you are on a clear liquid diet.

- Clear liquids include JELL-O®, apple juice, tea, black coffee, clear broths, soda, water, lemonade, Gatorade®, and Popsicles® or any liquid you can see through; **AVOID RED AND PURPLE LIQUIDS.** **Solid foods, milk, or milk products are **NOT ALLOWED.**

STARTING AT 4 PM ON THE DAY BEFORE:

- Empty one (1) pouch A and (1) pouch B into the disposable container. Add lukewarm drinking water to the top line of the container. Mix to dissolve. If preferred, mix the solution ahead of time and refrigerate prior to drinking. The solution should be used within 24 hours.
- The MoviPrep container is divided by four (4) marks. Every 15 minutes, drink the solution down to the next mark (approximately eight (8) oz.), until the full container is complete (drinking a glassful as quickly as tolerated is better than sipping an ounce or two at a time). It should roughly take you about one full hour to drink. Following that you need to drink 16 ounces of any clear liquid you choose.

Based on your arrival time, you need to do the second part of the prep 6 hours before you arrive.

Nothing to drink or in your mouth 4 hours before you arrive.

If you have any questions please call our office 860-347-4620.