

# Instructions for Colonoscopy Preparation with MoviPrep®

**FOLLOW THESE INSTRUCTIONS FOR YOUR PREPARATION** (Ignore instructions with the box.)

**What you will need to successfully Complete this Prep:**

- Prior to your procedure have your prescription for MoviPrep® filled at the pharmacy.
- Simethicone Soft-Gel Tablets - 180mg (Ex: Gas-X, Phazyme, Mylicon)
- Purchase any of the **Clear Liquid Suggestions**.

**DAY BEFORE YOUR PROCEDURE:**

- Eat a soft, light diet until 10:00am (Eggs, plain oatmeal, pudding, soups, applesauce)
- Drink only **clear** liquids after 10:00am: **Solid Foods, milk, or milk products are NOT ALLOWED.**

**THE EVENING BEFORE YOUR PROCEDURE:**

Take 2 Simethicone Soft-Gel Tablets as you take your prep.

Beginning at 4:00pm:

1. Empty (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.
2. 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).
3. After the above steps are complete, drink at least 16 oz. of the clear liquid of your choice.

**THE DAY OF YOUR PROCEDURE:**

- Continue a clear liquid diet, **no solid food, milk or milk products.**
- Take 2 Simethicone Soft-Gel Tablets and begin the second part of your prep 6 hours prior to your arrival time and then follow by the second part of your prep, repeating steps 1, 2 and 3.
- ***Do not drink anything four (4) hours before your arrival time!!!***

**Special Instructions** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_