

COLONOSCOPY PREPARATION – MOVIPREP SPLITDOSE

****Stop all iron pills two weeks before the procedure.**

If you have diabetes, do not take oral diabetic medication the day before, and day OF your procedure.**

STARTING THREE DAYS PRIOR TO THE EXAM:

BRING YOUR MOVIPREP PRESCRIPTION TO THE PHARMACY AND OBTAIN YOUR BOWL PREP KIT.

IF YOU PREFER TO MIX THE PREP WITH GATORADE or CRYSTAL LIGHT (DIABETICS) INSTEAD OF

WATER, YOU WILL NEED TO PURCHASE 64 oz OF YOUR CHOICE.

THE DAY BEFORE PROCEDURE:

Do NOT eat any solid food. You should drink clear fluids only. **This includes:** water, apple juice, fruit juices *without* pulp, Gingerale, Sprite, Gatorade, popsicles, broth/bouillion, and jello (no red or purple jello/liquids, or jello with fruit in it). You may have black coffee or tea, but no milk or milk products. Avoid red, pink and purple fluids.

STARTING AT 6:00PM: empty 1 pouch A and 1 pouch B into the disposable container. Add water or ORANGE GATORADE (tastes better) to the top line of the container. Mix to dissolve. (If preferred, mix solution ahead of time and refrigerate prior to drinking. Must drink mixed prep within 24 hrs).

The **MoviPrep** container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8oz), until the full liter is consumed (1 hour).

Following the completion of the first liter of **MoviPrep**, consume 8-16oz of the clear liquid of your choice before retiring to bed for the evening. This is a necessary step to ensure adequate hydration and an effective prep. The more fluids you drink, the better your prep will be!

PROCEDURE DAY:

YOU MUST FINISH THE SECOND LITER OF MOVIPREP MIXTURE 3 HRS PRIOR TO YOUR PROCEDURE!

(Example: if your procedure is scheduled for 9:00am, you must begin drinking the **MOVIPREP** mixture at 5:00am, and be done at 6:00am).

Repeat mixing instructions above. Repeat consumption instructions above.

Immediately following the completion of the 2nd liter of **MOVIPREP**, consume an additional 8oz of the clear liquid of your choice. (TAKE YOUR PRESCRIBED MEDICATIONS AT THIS TIME). **DO NOT EAT OR DRINK ANYTHING 3 HOURS PRIOR TO PROCEDURE.**

AFTER THE PROCEDURE:

YOU MUST HAVE A RIDE HOME – YOU CANNOT DRIVE OR TAKE A CAB HOME! If you do not have a ride home, the procedure will need to be rescheduled. Due to the medication that is given, it is advised that you rest the entire day. No working or driving, **REST!**

****If you are unable to keep your appointment for any reason, please call the office at least 48 hours in advance. Please call the office at (401) 943-1300 if you have any questions.****