

## **MoviPrep Instructions**

DO NOT TAKE ANY ASPIRIN, ADVIL, MOTRIN, IBUPROFEN, ALEVE, NAPROSYN, EXCEDRIN ETC, FOR ONE WEEK BEFORE THE TEST , UNLESS OTHERWISE INSTRUCTED BY YOUR PHYSICIAN. TYLENOL IS OK TO TAKE

2 days before your colonoscopy please do not eat any SALADS OR anything with SEEDS

### **The day before the colonoscopy**

1. Have a light breakfast
  2. In the morning, empty packet 1pouch A&B into the disposable container. Add lukewarm drinking water to the top line of the container
  3. Mix to dissolve and refrigerate.
  4. Begin a clear liquid diet after breakfast. Jell-O (except no red jell-o), Gatorade (any flavor), clear fruit juices such as clear cranberry or apple, broths, coffee or tea (without milk).
  5. **NO MILK, DAIRY PRODUCTS, OR ORANGE JUICE**
1. **Starting at 7 PM**
    - The moviPrep container is divided 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8oz), until the full 1 liter is complete.
    - Drink 16 oz of the clear liquid of your choice.

### **The morning of the Colonoscopy**

1. **Beginning at 5AM**
  - Empty packet 1pouch A&B into the disposable container. Add lukewarm drinking water to the top line of the container. Mix to dissolve and refrigerate
  - Drink the solution every 15 minutes down to the next mark (approximately 8oz), until the full 1 liter is complete.
  - Drink 16 oz of the clear liquid of your choice.
  - After finishing the last step there is nothing to eat or drink (no water, gum or candy) NOTHING !!

**IF YOU ARE CURRENTLY TAKING BLOOD PRESSURE MEDICATIONS PLEASE BE SURE TO TAKE THEM VERY EARLY MORNING OF THE PROCEDURE WITH A SIP OF WATER !!**