

# Preparing For a Colonoscopy

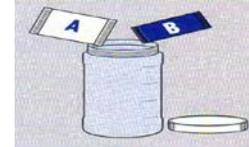
## MoviPrep Bowel Prep Kit

Please read the following instructions carefully. You must complete all the steps so that your colon will be fully emptied for the doctor to view.

### One (1) day before your colonoscopy:

1. **Clear liquid diet for breakfast, lunch and dinner.** (See attached list for suggestions.)
2. In the morning, mix the first liter of MoviPrep in the supplied container. Follow mixing instructions below:

- Empty one pouch A and one pouch B into the disposable container
- Add lukewarm drinking water to the top line of the container. Mix to dissolve

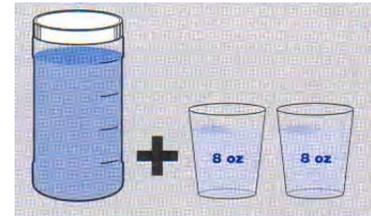


\*Shake vigorously to dissolve the powder, making sure none is left sticking to the side or bottom of the container. You may also add Crystal Light lemonade mix to flavor. Place the bottle in the refrigerator. (The colder the solution, the better the taste.)

3. Please do not take any of your regular evening medications once you start the prep. Take all missed medications four (4) hours after completing the entire prep.

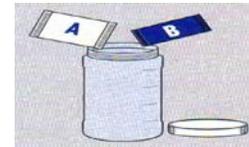
At **5 p.m.**, drink the first liter of MoviPrep solution as instructed below. Rapid drinking is suggested. In order to have optimal results, please try to drink all the liquid within 1-1½ hours. Be sure to drink at least two (2) – 8 oz. glasses of clear fluids afterward. You may drink more clear liquids in addition to the two glasses required.

- The MoviPrep container is divided by four marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz.), until the full liter is consumed
- Drink 16 oz. of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep



4. Mix the **second** liter of MoviPrep after the first liter is finished. Use the remaining A pouch and B pouch and supplied container again. Follow mixing instructions below:

- Empty one pouch A and one pouch B into the disposable container
- Add lukewarm drinking water to the top line of the container. Mix to dissolve

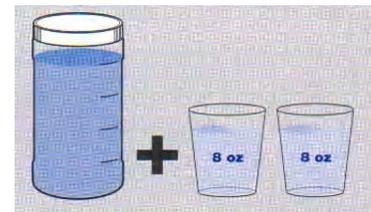


Place the bottle in the refrigerator so it is chilled when you drink it later this evening.

5. The colon preparation will produce watery diarrhea. A watery bowel movement should begin in approximately two hours after you finish drinking the first liter of MoviPrep solution. You will continue to have loose bowel movements for 1-2 hours or more. Don't worry if it takes a little longer to have your first bowel movement. Your bowel movements will progress over time and become less solid and clearer. The goal is for stools to be coming out watery clear/yellow, not sludgy or brown. The preparation will cause at least 10-15 bowel movements so stay near the bathroom.

6. At **9 p.m.** drink the second liter of MoviPrep solution as instructed below. Be sure to drink two (2) – 8 oz. glasses of clear fluids.

- The MoviPrep container is divided by four marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz.), until the full liter is consumed.
- Drink 16 oz. of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep



7. **STOP** all liquids two (2) hours before your scheduled exam time. Continue your regular medications with a **small sip of water up to the time of your procedure.**
8. **IMPORTANT** – If you do not have any results from your prep by 11 p.m., or if you stop having bowel movements and your last bowel movement was not clear, please call the Access Center at 414-805-6700. They can contact your provider, who can make adjustments to your prep.