

# Preparing for a Colonoscopy

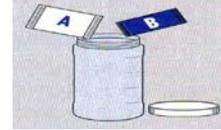
## MoviPrep Bowel Prep

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 1<sup>st</sup> liter of MoviPrep in the supplied container. Follow mixing instructions below:

- 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.

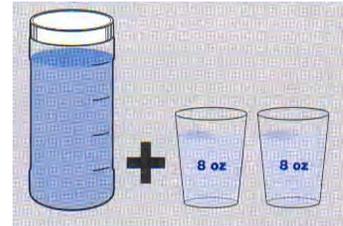


\*Shake vigorously to dissolve the powder, making sure none is left sticking to the side or bottom of the container. You may also add Crystal Lite lemonade mix to flavor. Place the bottle in the refrigerator. (The colder the solution, the better the taste).

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

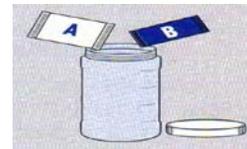
At **5 PM**, drink the 1<sup>st</sup> liter of MoviPrep solution as instructed below. Be sure to drink **at least 2** – 8oz. glasses of clear fluids afterwards. Rapid drinking is suggested. In order to have optimal results, please try to drink all the liquid within 1-1 ½ hours. We suggest additional clear liquids throughout the evening as well.

- 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.
- Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep.



\* 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 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.



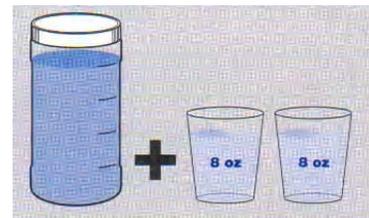
Place the bottle in the refrigerator so it is chilled when you drink it the morning of procedure.

4. The colon preparation will produce watery diarrhea. A watery bowel movement should begin in approximately 1 hour after you finish drinking the 1<sup>st</sup> 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 1<sup>st</sup> bowel movement. Your bowel movements will progress over time and become less solid and more clear. 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.

### Day of Your Colonoscopy

5. On the morning of your exam, **4 hours** prior to your procedure, drink the 2<sup>nd</sup> liter of MoviPrep solution as instructed below. **STOP** all liquids 2 hours before your scheduled exam time.

- 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.
- Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep.



\*You may continue your regular medications with a **small sip of water up to the time of your procedure.**

6. **IMPORTANT** – If you do not have any results from your prep within 1 hour of taking the morning dose, or if you stop having bowel movements and your last bowel movement was not clear, please call the Moorland Reserve GI Lab at 262-798-7770 and ask to speak with a nurse.