

MOVIPREP INSTRUCTIONS

Please use this page as a checklist for your preparation.

☐ **ITEMS TO PURCHASE BEFORE YOUR PROCEDURE:**

Please purchase the following items from your local pharmacy prior to your appointment.

- **2 Dicolax (bisacodyl) tablets**- no prescription needed, over the counter.
- **Gas X (Simethicone) 125 mg capsules** – no prescription needed, over the counter.
- **Meclizine 25 mg tablet (for nausea)**- not prescription needed, over the counter.
- **Magnesium citrate- 1 bottle (10 ounces)**- no prescription needed, over the counter.
- **Moviprep** - A prescription is required and has been sent to your pharmacy

☐ **FIVE DAYS BEFORE YOUR PROCEDURE: Begin low fiber diet**- see attached instructions.

☐ **THE DAY BEFORE YOUR PROCEDURE : (WHEN YOU WAKE)**

begin clear liquids only – no solid foods may be eaten until after your procedure has been performed/completed.

Please drink 64oz. of clear liquids before starting your prep at 6pm.

- You may consume the following items:
- Coffee, water, or tea. (We agree it's odd, but coffee and tea without milk or creamer is considered a clear liquid)
- Clear carbonated beverages (soft drinks), ginger ale, sprite, sparkling water, etc. No "Energy" beverages.
- Gelatin dessert, (JELLO) plain or fruit flavored. No red or purple coloring/No solid pieces of fruit.
- Apple juice, white grape juice, or white cranberry juice. No pulp, no orange juice.
- Gatorade, Powerade, lemonade, or limeade. No red or purple.
- Clear, fat-free, beef or chicken broths, or bouillon.
- Snowballs, popsicles, slushes. No red or purple coloring, no pulp.
- Avoid any liquids not listed above.

☐ **12:00 PM (the day before procedure):**

- Take 2 Dicolax (bisacodyl) tablets with a glass of clear liquid
- Take 1 simethicone (Gas-X) 125 mg capsule with a glass of clear liquid

☐ **2:00 PM (the day before procedure), for prevention of nausea and vomiting:**

- Take ½ of a tablet (12.5 mg) of Meclizine every 6 hours as needed for nausea and/or vomiting. **DO NOT TAKE MORE THAN 50 MG IN A 24 HOUR PERIOD.**

☐ **3:00 PM (the day before procedure):**

- Drink 1 bottle (10 ounces) of Magnesium citrate

☐ **6:00 PM (the day before procedure) Begin the first portion of the moviprep.**

Moviprep may taste better if refrigerated, you may prepare the solution ahead of time.

1. Pour 1 "Pouch A" and 1 "Pouch B" into the mixing container.
2. Add lukewarm water to the mixing container to reach the top line. Mix until dissolved.
3. The moviprep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz.) until the full liter is consumed.
4. Drink 1 additional 16 oz. clear liquid of your choice. This will ensure adequate hydration and an effective prep.
 - Clear liquids include water, ginger ale, apple juice, Gatorade, lemonade, and broth. No red or purple liquids.
 - Clear liquids may be continued until you finish the second portion of the prep.
5. After completing the prep, mix your second dose and refrigerate.

☐ *****AM (THE MORNING OF YOUR PROCEDURE): Complete the second portion of your moviprep.**

1. Empty 1 "Pouch A" and 1 "Pouch B" into the mixing container.
2. Add lukewarm water to the mixing container to reach top line. Mix until dissolved.
3. The moviprep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz.), until the full liter is consumed.
4. Drink 16 oz. of the clear liquid of your choice. This will ensure adequate hydration and an effective prep.

This entire process is required for the success of the procedure.

After you complete the second half of the prep and the 16 oz. water, you may not have anything else by mouth except for the medications that you were told to take with a small sip of water.

Please follow these instructions to ensure you have a very good prep. The goal is for stool to be CLEAR OR YELLOW liquid – NO BROWN. Avoid having to repeat the procedure due to a poor prep!

Please call (225)755-4531 or (225)236-5503 if you have any questions about your prep instructions.

Step 1: Mix the first dose



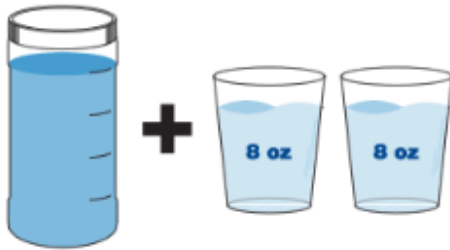
At the time instructed by your doctor

- 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 solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.

Some people also prefer to drink Moviprep with a straw.

Step 2: Drink the first dose



- The Moviprep container is divided by 4 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

Step 3: Mix the second dose



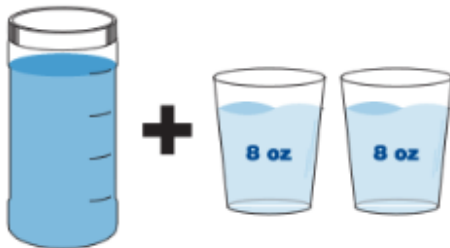
At the time instructed by your doctor

- 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 solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.

Some people also prefer to drink Moviprep with a straw.

Step 4: Drink the second dose



- The Moviprep container is divided by 4 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