



Valley Gastroenterology & Four Seasons Endoscopy Center


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MoviPrep (Day Before) Patient Preparation Instructions for Colonoscopy

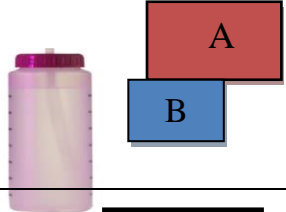

5-days before your exam, DO NOT eat NUTS, SEEDS, POPCORN, CORN OR SKINS OF RAW FRUIT AND VEGETABLES. ALSO STOP IRON SUPPLEMENTS 5 DAYS PRIOR. (Multivitamin with iron may be continued).

On the day **before** the exam, _____, you are allowed **CLEAR LIQUIDS ONLY.** DO NOT have any SOLID FOOD, CREAM or MILK products.

At 2 PM the Day BEFORE your test

Step 1	Drink one 10 oz. bottle of citrate of magnesia. (Purchase over-the-counter)	
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Beginning at 5PM the Day BEFORE your test

Step 2	<ul style="list-style-type: none"> Empty one pouch labeled A & one pouch labeled B into the disposable container. Add lukewarm drinking water to the top line of the container. Mix to dissolve. <p><i>If preferred, you may mix the solution ahead of time and refrigerate. The solution must be used within 24 hours.</i></p>	
Step 3	<ul style="list-style-type: none"> The MoviPrep container is divided by 4 marks. Every 15 minutes, drink another 4th of the solution down to the next mark until the full liter is consumed. Drink 16-oz (2-cups) of clear liquids. This is a necessary step to ensure that you are hydrated and the prep is effective. 	

At 7PM the Day Before your test...

REPEAT Steps 2&3	<i>Repeat Steps 2 & 3</i>
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Fasting Time: _____ **AM** **PM**

Arrival Time: _____ **AM** **PM**

Procedure Time: _____ **AM** **PM**

What's considered a "clear liquid"? A clear liquid is any beverage you can see through. Please avoid red or purple colored liquids. Sugar, sweetener and lemon are allowed. No cream, milk or pulpy juices are permitted.

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|--------------|-----------|----------------|------------------------|------------|
| fruit juices | popsicle | Powerade | broth (beef, chicken) | Pedialyte |
| coffee/tea | Gatorade | Jell-O (plain) | sugar/honey, sweetener | hard candy |
| 7-Up, Sprite | Kool-aid® | lemonade | water | |

To help prevent dehydration, it is important to drink plenty of clear liquids before, during, and after the colon-prep process. We recommend that you have at least 20-oz of Gatorade during the preparation period.

You are not permitted to have alcoholic beverages 24 hours before or after the procedure.

Fasting means NOTHING in your mouth...no food, drink (not even water) no gum or mints. Not following this will delay your procedure.

The morning of the procedure, take your Heart, seizure, breathing and blood pressure medications with a few sips of water.