

# DIGESTIVE HEALTHCARE

## Moviprep-Preparation for Colonoscopy

Name \_\_\_\_\_ Date \_\_\_\_\_ Arrival Time \_\_\_\_\_

Physician \_\_\_\_\_ Location \_\_\_\_\_

**\*\*\*\*DO NOT TAKE IRON FOR 5 DAYS PRIOR TO YOUR PROCEDURE.\*\*\*\***

**\*\*Special Medication Instructions:** \_\_\_\_\_

### **On the day before your colonoscopy (as soon as you wake up):**

1. Mix one container of Moviprep by adding 1 Pouch A and 1 Pouch B into the plastic container provided. Add lukewarm water to the top line of the container, and mix to dissolve. Place mixture in the refrigerator.
2. Begin a clear liquid diet.

#### **On your clear liquid diet you may have:**

##### ***Water***

***Clear broth (beef or chicken)***

***Soft Drinks (not red or purple)***

***Coffee (no cream)***

***Clear fruit juice (apple/white grape)***

##### ***Tea***

***Gatorade (not red or purple)***

***Popsicles (not red or purple)***

***Jell-O (not red or purple)***

***Lemonade (no pulp)***

3. At 6:00pm you will begin drinking the Moviprep solution. The container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 ounces), until the full liter is completed.
4. After completing the entire container, drink 16 ounces of clear liquid of your choice.
5. Mix and refrigerate the 2<sup>nd</sup> container of solution by repeating Step 1 above.

### **On the day of your colonoscopy:**

1. At least 3 hours before your arrival time, you will drink the 2<sup>nd</sup> container of Moviprep in the same manner as above in Steps 3 and 4.
2. You can go ahead and take your usual morning medicines as well unless you have been instructed otherwise by the nurse or scheduler.

**\*\*DO NOT DRINK ANY LIQUIDS FOR AT LEAST 2 FULL HOURS BEFORE YOUR ARRIVAL TIME\*\***

**YOU MUST BE DRIVEN HOME AFTER YOUR COLONOSCOPY**

Call nursing at 791-2040 with any questions.  
You can also visit our website at [www.dhcraleigh.com](http://www.dhcraleigh.com) for answers to FAQs.

**ARRIVAL TIME IS SUBJECT TO CHANGE.**