

Moviprep split dosing protocol

- **Date of laxative prep (1 day before colonoscopy):** _____
- **REMINDER: DRINK ONLY CLEAR LIQUIDS STARTING AS SOON AS YOU WAKE UP IN THE MORNING.** See the general instructions for details of the clear liquid diet.
- **Drink an extra 8 ounces of clear liquid every hour between 11 am and 5 pm.**

At 5 pm

- Empty one pouch A and one pouch B in the container that came with the kit.



- Fill the container to the top line with lukewarm water, mix and dissolve.
- The container is divided by 4 marks. Every 15 minutes drink the solution down to the next mark until all solution is gone.
- Then drink 16 ounces of the clear liquid of your choice over the next 4 hours.



6 hours before your scheduled arrival time for colonoscopy:

Start Time: _____

(This likely will require you to get up in the early morning or middle of the night):

- Empty one pouch A and one pouch B in the disposable container that came with the kit.
 - Fill the container to the top line with lukewarm water, mix and dissolve.
 - The container is divided by 4 marks. Every 15 minutes drink the solution down to the next mark until all solution is gone.
 - Drink 16 ounces of the clear liquid of your choice.
- **YOU MAY CONTINUE CLEAR LIQUIDS UNTIL 4 HOURS PRIOR TO THE PROCEDURE, BUT NOTHING BY MOUTH AFTER THAT INCLUDING WATER.**
 - **YOU MUST HAVE A DRIVER PRESENT TO TAKE YOU HOME AFTER THE PROCEDURE.**

A note on overnight dosing of the laxative: You may not have taken the second dose of the laxative in the middle of the night for a colonoscopy in the past. Research shows that if the second dose of the laxative is started 6 hours before the colonoscopy, the colon is cleaner on

average.