

Ocean Surgical Pavilion

Colonoscopy Prep Instructions - 2 Day MoviPrep PM

You will need to purchase:

- 1 – 10 ounce bottle Magnesium Citrate
- 4 - 5mg tablets Dulcolax (Bisacodyl)
- You will need a prescription for MoviPrep

It is very important that you follow each step and complete all of these instructions or your colonoscopy may need to be repeated. The bowel preparation will not work properly unless you **drink plenty of liquids.**

To assist with the effectiveness of your prep, decrease your intake of seeds, nuts, skins, raw fruits and vegetables 4 days prior to your procedure.

2 Days Before Exam: _____

You may have a light breakfast (egg whites, cereal or toast). **Start clear liquids at NOON!**

NO SOLID FOODS, MILK OR DAIRY PRODUCTS

Clear liquids include: **(NOTHING RED, PURPLE, OR BLUE)**

Water, Gatorade, Fruit juices without pulp (apple, white grape, lemonade), Coffee or tea without milk or non-dairy creamers (sugar substitutes are fine), clear broth or bouillon (low sodium), Carbonated or non-carbonated soft drinks, Kool-Aid or flavored drinks, Popsicles or Italian Ice, Jell-o without fruit or toppings

At 6PM – Take 4 Dulcolax tablets

1 Day Before Exam: _____

Drink 8 ounces of clear liquids hourly.

19 HOURS PRIOR TO ARRIVAL TIME – Empty 1 Pouch A and 1 Pouch B into the disposable container and add drinking water to the top line of the container. Mix to dissolve. The container is divided by 4 marks. Every 15 minutes drink the solution down to the next mark until container is empty.

Day of your procedure: _____

7 HOURS PRIOR TO ARRIVAL TIME – Empty 1 Pouch A and 1 Pouch B into the disposable container and add drinking water to the top line of the container. Mix to dissolve. The container is divided by 4 marks. Every 15 minutes drink the solution down to the next mark until container is empty.

If you are not passing clear liquid bowel movements by 1 hour after your final dose you must drink the 10 ounce bottle of Magnesium Citrate.

Except for your second dosage of prep, stop drinking clear liquids 6 hours prior to your procedure time.

To ensure a good preparation, you may use a laxative daily such as, Senekot, Milk of Magnesium, Magnesium Citrate, or Dulcolax tablets for 4 days prior to your procedure.