

Ocean Surgical Pavilion

Colonoscopy Prep Instructions – MoviPrep PM Procedures

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. You may also use a laxative daily such as, Senekot, Milk of Magnesium, Magnesium Citrate, or Dulcolax tablets for 2 days prior to your procedure.

You will need to purchase: 1 – 10 ounce bottle of Magnesium Citrate, **NOT RED.**

Day Before Exam: _____ You may have a light breakfast (egg whites, cereal or toast).

Starting at noon – Clear Liquids Only!

NO SOLID FOODS, MILK OR DAIRY PRODUCTS

You may chew gum or suck on hard candies the day before ONLY!

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

Beginning at 2pm drink 8 ounces of clear liquid every hour.

**Mix 1st dosage & refrigerate (instructions below)*

Begin your first dosing regimen at: _____ 19 hours prior to your arrival time

Empty 1 Pouch A and 1 Pouch B into the disposable container and add lukewarm 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.**

Drink at least 16 ounces of liquid after all 4 doses are completed. * Stay close to toilet facilities as the laxative will encourage multiple bowel movements.

**Mix 2nd dosage & refrigerate (instructions below)*

Begin your second dosing regimen at: _____ 7 hours prior to your arrival time

Empty 1 Pouch A and 1 Pouch B into the disposable container and add lukewarm 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.**

Drink 8 ounces of clear liquid after all 4 doses are completed.

If you are not passing watery stool within 1 hour after you have finished your second dosage (stool is still muddy or thick in consistency) you must drink the 10 oz. bottle of Magnesium Citrate.

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

How to know if the prep is adequate: The stool should be watery in consistency. It does not have to be clear in color like water since digestive juices will continue to tint the stool yellow and small flecks or debris are not a problem as long as the stool is not muddy or thick.