

MoviPrep Patient Instructions

Two to five days before colonoscopy

- Pick up colon prep solution from your pharmacy
- Make your Jell-o now!
- Buy lots of sports drinks, sodas, clear juices, bouillon soup (broth), popsicles, etc.
- Buy Vaseline petroleum jelly

The day before colonoscopy

- All day, from the time you wake up, you will be on a Clear Liquid Diet (see attached handout)
- No solid food until after your procedure (you may chew on Gas-X tablets if you wish)
- Drink clear liquids every 1-2 hours

The morning before colonoscopy

- Mix and chill Dose 1 (1st pouch A & 1st pouch B) of colon prep solution in the refrigerator (follow instructions on MoviPrep Box)

The evening before colonoscopy

- At **5:00 pm**, start drinking Dose 1 by drink one 8 oz. (ounce) glass (240 mL) every 15 minutes. Be sure to drink all of the solution. This should take about 1 hour.
- Fill the container with 16 oz. (two 8 oz. glasses) of clear liquid and drink all of this liquid before you go to bed.
- If you feel nauseous, stop, sit upright, and walk around. Resume drinking when you feel better.
- To avoid irritation, pat your bottom dry and apply Vaseline after each trip to the bathroom
- When you feel that your bowel movements have slowed down and/or have stopped, take your PM medication
- Continue drinking clear liquids
- Mix and chill Dose 2 (2nd pouch A & 2nd pouch B) of colon prep solution in the refrigerator (follow instructions on MoviPrep Box)

The day of the colonoscopy

- At _____ (about 3-4 hours before you leave your home), start drinking Dose 2.
- Continue to use Vaseline
- Once you have completed your colon prep solution, continue drinking clear liquids
- At _____, take any AM medication
- At _____, STOP all clear liquids

Tips for drinking colon prep solution

- Use a straw
- Chill colon prep solution (do not put ice in the solution)
- Suck on lime or lemon wedge between drinking glasses
- Lick a dry li hing seed or lemon peel (do not eat them) between drinking glasses
- The prep solution has a lemon-lime flavor
- Do **not** add any powdered flavored enhancers such as Crystal Light