

## Moviprep Bowel Preparation Instructions

Bowel preparation for a colonoscopy actually starts up to 1 week before, when you should stop taking certain medications or supplements and begin a low fiber diet. Please carefully read all your Provider's instructions at least 1 week before your exam.

Please review the links below at least 1 week prior to your procedure.

[Bowel Preparation Overview for Colonoscopy](#)

[Low Fiber Food Chart](#)

[Clear Liquid Chart](#)

[Diabetes Medications](#)

### Key instructions

- Your bowel must be empty so that your doctor can clearly view your colon. Follow all the instructions in the handout.
- DO NOT eat solid food the entire day before your colonoscopy. Drink only clear liquids.
- DO NOT have any liquids or anything by mouth starting three (3) hours before your procedure time.

Please purchase your bowel preparation kit 1 WEEK BEFORE your colonoscopy. MoviPrep is a prescription laxative and must be picked up from your Pharmacy.

### **Dose 1 – On the Day Prior to Colonoscopy**

- You may consume only clear liquids (no solid food).
- Earlier in the day, prepare the MoviPrep® solution by emptying the contents of 1 pouch A and 1 pouch B into a suitable glass container (or the container provided) and adding 1 liter of lukewarm water to the container. Mix the solution to ensure that the ingredients are completely dissolved. Refrigerate until 6 pm.
- In the evening before the procedure at 6 pm, drink the first liter of MoviPrep® solution over one hour (one 8 ounce glass every 15 minutes) and then drink 0.5 liters (approximately 16 ounces) of clear fluid.
- Prepare the second container before bedtime and refrigerate overnight.
- If severe bloating, abdominal distention, or abdominal pain occurs following the first dose, delay the second dose until the symptoms resolve.

### **Dose 2 - Day of Colonoscopy:**

- Continue to consume only clear liquids.

- In the morning, on the day of your procedure, 5 hours prior to your scheduled procedure time, drink the second liter of Moviprep® solution over one hour and then drink 1 liter of clear liquid over the next hour.
- Complete all solution of Moviprep Bowel Prep Kit and required water at least three hours prior to colonoscopy.
- If severe bloating, abdominal distention, or abdominal pain occurs following the first dose, delay the second dose until the symptoms resolve.

#### IMPORTANT INFORMATION BELOW

- Please remember to arrive at Carson Endoscopy Center one (1) hour before your scheduled procedure time.
- Please remember to have a responsible driver with you.
- Please remember NOT to drink any liquids or have ANYTHING by mouth starting three (3) hours before your scheduled procedure time.