MoviPrep® Instructions

You will need to get your MoviPrep® bowel prep kit prescription filled at the pharmacy ahead of time.
Please read all instructions before the procedure date.
Call our office if you have any questions / concerns: 985-868-2273.

The day before the procedure:

● Have a light breakfast
● Then start on clear liquids. <u>The more fluids you drink, the better your colon will be cleaned out.</u>
  Acceptable clear liquids include, but are not limited to:

CLEAR BROTH	KOOL AID	GATORADE/POWERADE	ICED TEA
POPSICLES	JELLO	FRUIT JUICE (STRAINED/NO PULP)	COFFEE
WATER	LEMONADE	SOFT DRINKS (DIET OR REGULAR)	

● Do not eat or drink anything RED or PURPLE. No dairy.

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Each MoviPrep® kit contains a disposable container, 2 pouches labeled A, and 2 pouches labeled B. You must complete the entire prep to ensure the most effective cleansing.

Step 1: MIX THE DOSES (10 AM)

● Empty 1 pouch A and 1 pouch B into the disposable container
● Add lukewarm water to the top line of the container. Mix to dissolve.
  Then refrigerate.
(Both doses can be mixed ahead of time to allow to cool prior to drinking.)

Step 2: DRINK THE FIRST DOSE (4 PM)

● The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution
  down to the next mark (approximately 8 ounces each time), until
  the full liter
  is consumed.
    o   Some people also prefer to drink MoviPrep with a straw.
● Then drink 16 ounces of the **clear** liquid of your choice.
  This is a necessary step to ensure adequate hydration and
  an effective prep.
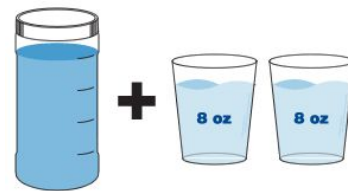
Step 3: DRINK THE SECOND DOSE (6 PM)

● Follow the directions in Step 2.
● Then drink clear liquids until midnight, at least 16 ounces.
● **DO NOT EAT OR DRINK AFTER MIDNIGHT.**

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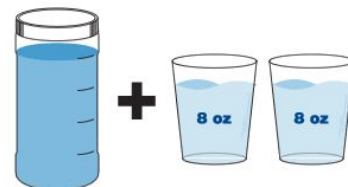
The morning of your procedure:

● If you are on heart, blood pressure, breathing or seizure medications, you must take them with only a few sips of water.

- Do not take your diabetes medications the morning of your procedure. Bring them with you. You will be allowed to take them, with food, after your procedure.