

MoviPrep Instructions-Morning Procedure

You will need to drink a laxative solution (called MoviPrep) to clean your colon. You must complete the entire prep to ensure the most effective cleansing. Purchase one MoviPrep kit from your pharmacist using the enclosed prescription.

It is important that you drink only clear liquids the day BEFORE your colonoscopy.

CLEAR LIQUID DIET LIST

Beverages:

- Soft drinks – ginger ale, cola, Sprite, 7-Up, Gatorade, Kool-Aid
- Strained fruit juices without pulp – apple, white grape, lemonade
- Water, tea or coffee (no milk or non-dairy creamer)

Soups:

- Chicken or beef bouillon/broth

Desserts:

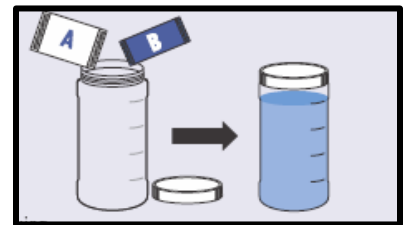
- Hard candies
- Jell-O (lemon, lime, no fruit or toppings)
- Popsicle (no sherbet or fruit bars)
- **Do not** eat or drink anything colored **red, orange, or purple**

One week before your colonoscopy: Fill your prescription for MoviPrep. Take 2 tablespoons of Milk of Magnesia at 8 PM for 3 days prior to procedure.

One day before your colonoscopy: No solid food - Clear liquids only for breakfast, lunch & dinner.

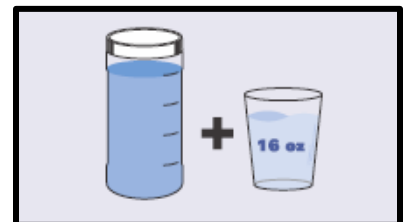
Morning: Prepare your MoviPrep solution

1. Empty 1 pouch A and 1 pouch B into the disposable container
2. Add lukewarm water to the top line of the container. Mix to dissolve. Refrigerate.



Evening: Begin your prep at 5:00pm

3. The MoviPrep container is divided by four marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 ounces), until the full liter is complete.
4. Drink 16 ounces of the clear liquid of your choice. You may start going to the bathroom after only a couple of glasses, but be sure to drink **ALL** of the solution.
5. Continue drinking clear liquids until bedtime.
6. **Prepare** the second container of MoviPrep and refrigerate.



Beginning at 8:30 PM

Repeat steps 3-5 entirely. Do not have anything by mouth after midnight.