

How to prepare for your colonoscopy

Please read these instructions carefully –call your physician with any questions

In order to prepare for your colonoscopy you must follow a restricted diet, drink a lot of clear fluids and take a strong laxative to cleanse your bowels.

The day before your appointment you can eat a full breakfast. At 12 noon you must start a liquid diet. ([link to liquid diet](#))

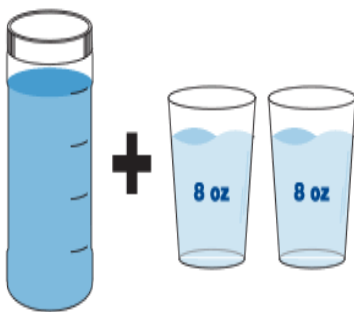
The evening before your colonoscopy beginning at 4:00 PM

STEP 1 - MIX FIRST DOSE



1. Empty 1 Pouch A and 1 Pouch B into the disposable container.
2. Add lukewarm drinking water to the top line of the container. Mix to dissolve.
3. If preferred, mix the solution ahead of time and refrigerate prior to drinking. The mixture should be used within 24 hours.

Step 2 – Drink the FIRST DOSE



The MoviPrep container is divided by 4 marks.

1. Every 15 minutes drink the solution down to the next mark.
2. Repeat until all the solution is consumed.
3. Continue drinking 16 ounces of clear liquids

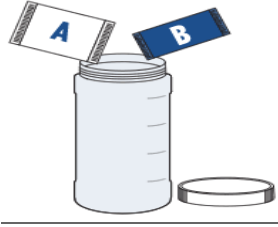
Acceptable clear liquids include, but are not limited to

- Water
- Clear soup
- Fruit juice without pulp
- Soft drinks
- Tea and/or coffee without milk

- Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep.
- Important note: Avoid any red or purple liquid, such as cranberry juice or grape juice, as the coloring can interfere with the results of your exam. Also avoid milk, dairy products, and nondairy coffee creamer.

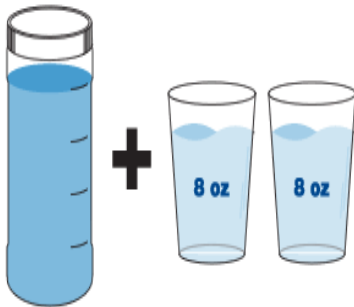
The morning of your colonoscopy beginning at **8AM**

Sep 3: Mix the second dose



4. Empty 1 Pouch A and 1 Pouch B into the disposable container.
5. Add lukewarm drinking water to the top line of the container. Mix to dissolve.
6. If preferred, mix the solution ahead of time and refrigerate prior to drinking. The mixture should be used within 24

Step 4 – Drink the SECOND DOSE



The MoviPrep container is divided by 4 marks.

4. Every 15 minutes drink the solution down to the next mark.
5. Repeat until all the solution is consumed.
6. Continue drinking 16 ounces of clear liquids

Acceptable clear liquids include, but are not limited to

- Water
- Clear Soup/broth
- Fruit juice without pulp
- Soft drinks
- Tea and/or coffee without milk

- Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep.
- Important note: Avoid any red or purple liquid, such as cranberry juice or grape juice, as the coloring can interfere with the results of your exam. Also avoid milk, dairy products, and nondairy coffee creamer.
- **The importance of proper hydration**
- A colonoscopy prep causes the body to lose a significant amount of fluid and can result in sickness due to dehydration. It's important that you prepare your body by drinking extra clear liquids before the prep. Stay hydrated by drinking all required clear liquids during the prep. Replenish your system by drinking clear liquids after returning home from your colonoscopy