

## Movi Prep for Colonoscopy/Surgery

**PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY BEFORE YOUR PROCEDURE:**

**ALL PATIENTS MUST FOLLOW A CLEAR LIQUID DIET ONLY ALL DAY THE DAY PRIOR TO COLONOSCOPY. DO NOT EAT OR DRINK ANYTHING OTHER THAN YOUR PREP AFTER MIDNIGHT.**

**DO NOT** eat foods containing seeds for five days prior to your procedure such as sesame or poppy seeds, strawberries, black pepper, corn or tomato skins. If by chance you have eaten these products, you should still proceed with your preparation.

Prescribed medications for heart disease, high blood pressure and asthma may be taken prior to your procedure, unless otherwise instructed. All other medications, including diabetic medications, should be brought along with you to be taken after your procedure.

**DO NOT** take aspirin or aspirin-type products such as Ibuprofen, Advil, Aleve, Nuprin, Motrin, Naprosyn, etc. for at least **one** week prior to procedure. Please do not take herbal remedies or supplements for at least **one** week prior to your exam. You **may** take **Tylenol**.

### PREPARATION OF PROCEDURE WITH MOVI PREP

#### DAY BEFORE PROCEDURE:

You may have a **light** breakfast before 8am.

This consists of: eggs and toast, coffee/cereal/fruit. **DO NOT EAT** bacon, sausage, waffles, pancakes, bagels, French toast.

1. Empty 1 pouch A and 1 pouch B into the disposable container. Add a clear liquid (we recommend lemonade or unsweetened iced tea) to the top line of the container. Mix to dissolve and put into the refrigerator.
2. You may now only have **clear liquids**. This includes: Jello, apple juice, white grape juice, chicken broth, ices... **NOTHING RED OR PURPLE!**

#### **Starting at 5:00pm the evening before your procedure:**

3. Every 15 minutes drink the solution down to the next mark (approximately 8 ounces), until the full liter has been completed. Over the next hour, drink a half liter of additional liquid. When done prepare next solution following same procedure as earlier.

**Starting at 11:00pm the evening before your procedure:**

4. Every 15 minutes drink the solution own to the next mark (approximately 8 ounces) until the liter has been completed. Drink additional half liter (16 ounces) of water over the next hour. After midnight no more liquids.

**ON THE DAY OF PROCEDURE:**

Do not eat or drink anything. Morning medications may be taken with a sip of water.

You can use orange Gatorade 3-32oz bottles.

Crystal light green tea raspberry

Crystal light peach