

## COLONOSCOPY PREPARATION

# MoviPrep Split Prep

**Colonoscopy Technique:** A colonoscopy is a fiber optic flexible scope that is inserted in the rectum after the patient is sedated. The scope is about the diameter of your finger and has a light source at the end so that the physician can see the lining of the entire large intestine, from the rectum to the cecum (where the appendix and small bowel attach to the large bowel). Factors affecting visibility of the entire lining include the presence of stool and the patient's anatomy (a fold, kink, or scar tissue that may make it more difficult for the physician to see the lining of the bowels).

Your MoviPrep prescription will be sent to your preferred pharmacy location. You may receive a generic medicine instead.

### THE DAY BEFORE YOUR COLONOSCOPY:

Follow a clear liquid diet. More information on the clear liquid diet can be found on the General Instructions included. Drink plenty of fluids throughout the day to stay hydrated and improve your results. **NO SOLID FOODS MAY BE CONSUMED UNTIL AFTER YOUR PROCEDURE.**

### EVENING BEFORE YOUR COLONOSCOPY

1. At 5 pm, mix the MoviPrep by emptying 1 Pouch A and 1 Pouch B into the disposable container.
2. Add clear liquid to the top line of the container. Shake to completely mix and dissolve. You may add "to go" packets of lemonade flavored Crystal light or lemon-lime flavored Gatorade to enhance the taste. **AVOID FLAVORINGS THAT HAVE A RED OR PURPLE COLORING.**
3. If preferred, you may mix the solution ahead of time and refrigerate prior to drinking; a straw is also recommended. Drink the solution within 24 hours of mixing.
4. Drink 8 ounces every 15 minutes until 1 liter container is consumed.
5. When finished with the 1st liter, drink two 8 ounce glasses of any clear liquid listed on the clear liquid diet.
6. Mix the 2nd liter of MoviPrep before bed and refrigerate to be used in the morning.

### THE DAY OF YOUR PROCEDURE — 6 HOURS PRIOR TO PROCEDURE \_\_\_\_\_

**To obtain the best results for your procedure, the guidelines for the timing of when to take the second half of your prep are very important, even if you are scheduled early in the morning.**

1. Continue the clear liquid diet.
2. Begin drinking the 2nd liter of MoviPrep that was mixed and refrigerated. Drink 8 ounces every 15 minutes until 1 liter container is consumed.
3. When finished drink two 8 ounce glasses of any clear liquid listed on the clear liquid diet.