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COLONOSCOPY PREPARATION WITH MOVIPREP®

Follow the steps below to make sure that your colon is completely clean before your colonoscopy. Call the office if you have questions.

- Fill the prescription provided by your doctor for *Moviprep*®. The pharmacist will give you a box containing: a one-liter bottle, 4 packages (“A” and “B” and instructions for mixing.
- The day before your colonoscopy, solid foods, milk or milk products are not allowed. Drink only “clear liquids” for breakfast, lunch and dinner. Please avoid any red or purple colored liquids. “CLEAR LIQUIDS” include:
 - strained fruit juices without pulp (apple, white grape, lemonade)
 - water, tea, coffee (without milk or non-dairy creamer)
 - clear broth or chicken, beef or vegetable bouillon
 - Kool-Aid®, Gatorade®, soda (e.g. Pepsi®, Coke®, 7-UP®) carbonated and non-carbonated soft drinks
 - Plain Jell-O® (without added fruits or toppings), Ice Popsicles®
 - Alcohol is not recommended since it may cause dehydration.

You will take two doses of *Moviprep*® solution to clean your colon. Each dose is made by mixing the contents of one package “A” and one package “B” with luke warm water in the *Moviprep*® container, filling the container to the top line. Refrigerating the container after mixing the solution will improve the taste.

WHEN TO TAKE MOVIPREP®

If the arrival time for your procedure is at or before 10 am:

1. At 4 or 5 pm on the day before your appointment begin drinking the *Moviprep*® solution. Drink 8 oz every 15 minutes until the container is empty.
2. Drink an additional 16oz (two glasses) of clear liquid as listed above.
3. At 8 pm repeat steps one and two. When finished, you will have consumed two full containers of *Moviprep*® and additional clear liquids.

If the arrival time for your procedure is after 10 am:

1. At 6 or 7 pm on the day before your appointment begin drinking the *Moviprep*® solution. Drink 8 oz every 15 minutes until the container is empty.
2. Drink at least an additional 16oz (two glasses) of clear liquid as listed above.
3. On the day of your colonoscopy, 4 hours before your arrival time take the second dose of *Moviprep*® by repeating steps one and two.

Moviprep® is a powerful colon cleanser. Stay near a bathroom after taking.

Continue to drink clear liquids until 3 hours before your appointment arrival time.

Do not take anything by mouth for three hours before your appointment arrival time at the hospital or Endoscopy Center.

7/06/08