

YOUR PRESCRIPTION FOR MOVI-PREP HAS BEEN FAXED TO YOUR PHARMACY. YOU WILL NEED TO PICK UP YOUR BOWEL PREP AT YOUR PHARMACY BY:

_____ (AFTER 5 DAYS THE PRESCRIPTION EXPIRES)

- If you have a tendency to be constipated or take medications that cause constipation, also purchase Milk of Magnesia to take 2 days before your scheduled colonoscopy
- Zinc oxide or Desitin® ointment may be used to protect your skin during the bowel preparation. Apply it before starting the bowel prep to prevent irritation to the rectal area.

ON: _____ (2 DAYS BEFORE YOUR PROCEDURE):

- **Stay on a low fiber diet.** Do not eat any beans, corn, peas, tomatoes, cucumbers, nuts or any food containing seeds such as poppy, sesame, or sunflower.
- Do not eat any foods containing flax or fish oil.
- **See the low fiber diet list**
- **If you tend to be constipated – take one ounce of Milk of Magnesia on this day.**

ON: _____ (1 DAY BEFORE YOUR PROCEDURE):

- **DRINK ONLY CLEAR LIQUIDS – NO DAIRY AND NO SOLID FOOD UNTIL AFTER YOUR COLONOSCOPY.** You must be able to see through the liquid when held in a clear glass up to a light.
- **NO ARTIFICIALLY COLORED RED LIQUIDS OR RED JELLO.**
- **See the clear liquid diet list**
- **MOVI-PREP MIXING DIRECTIONS:**
- Empty the contents of one pouch A and one pouch B into the container provided (1 liter container)
- Add lukewarm water to the fill line. Do not add anything else to this solution. Chill in refrigerator.
- Repeat mixing the second pouch A and the second pouch B into another 1 liter (quart) container to chill ahead of time
- or you can mix it using the same container after you drink the first solution as below.
- **AT 5:00 PM – START DRINKING THE MOVI PREP. Take 8 oz. every 15 minutes until you have finished drinking the ENTIRE FIRST LITER (QUART).** If you feel bloated or full, take a break but be sure to finish the container before going to bed.
- **DRINK AN ADDITIONAL LITER (QUART) OF CLEAR LIQUID during the course of the evening. This is very important for the Movi-Prep to work.**

ON: _____ STARTING AT: _____ AM ON THE DAY OF YOUR COLONOSCOPY:

(Time)

- **DRINK THE ENTIRE 2ND LITER OF THE MOVI PREP SOLUTION.** Take 8oz. every 15 minutes until the entire 2nd liter container is gone. You must finish the prep solution by 8:00 AM.
- **Be sure to drink all of the solution.** Not completing the bowel prep or eating solid food may result in rescheduling your procedure. Results should be watery and without solid particles. **CLEAR LIQUIDS ONLY up until 2 hours before your procedure – NO SOLID FOOD**

- If you are also having an examination of your esophagus and stomach, stop drinking liquids 4 hours before your procedures.