



Phone: (907) 745-8100

INSTRUCTIONS FOR A 2 DAY BOWEL PREP

PREPARATION INSTRUCTIONS FOR COLONOSCOPY (MoviPrep - METHOD)

YOU MUST MAKE ARRANGEMENTS FOR SOMEONE YOU KNOW TO DRIVE YOU HOME. You may not drive for the rest of the day once the procedure is completed. You CANNOT take a cab home.

PLEASE PURCHASE:

- **MoviPrep** Bowel Preparation Kit can be purchased at any pharmacy. You will have a prescription for this given to you at the initial office visit.
- 2 BOTTLES OF **MAGNESIUM CITRATE**

FOLLOW OUR INSTRUCTIONS BELOW AND NOT THE INSTRUCTIONS THAT ARE INCLUDED WITH MOVIPREP KIT!

Step 1: 2 DAYS BEFORE THE PROCEDURE, YOU MAY HAVE CLEAR LIQUIDS ONLY.

Clear liquids include coffee, tea, water-either carbonated or regular, Gatorade, all soft drinks. All of the clear juices: apple, cranberry, grape. Jell-O, clear soups, i.e. bouillon or broth. Sugar or artificial sweeteners are allowed. You may continue these clear liquids up until mid-night. Please note: nothing to eat, drink, smoke or chew AFTER mid-night. **PLEASE NOTE: DO NOT EAT OR DRINK ANYTHING RED.**

NOT ALLOWED ON A CLEAR LIQUID DIET: Milk, cream, soy milk equivalent, artificial creamer. Pulpy juices like orange, grapefruit, pineapple, tomato and V-8, are NOT allowed.

Step 2: Starting 2 nights prior to your exam date you will need to take one bottle of "MAGNESIUM CITRATE". For example:

If your procedure is on Wednesday take one bottle on Monday night and take the other Tuesday morning.

Step 3: AT 3:00 PM THE DAY BEFORE YOUR PROCEDURE: MIX FIRST DOSE OF SOLUTION

- Empty 1 Pouch **A** and 1 Pouch **B** into the disposable container. **ONLY USE 1 MARKED A AND 1 MARKED B. The additional 2 packets are to be used for the second dose which is to be used in step 5 of this prep.**
- Add lukewarm drinking water to the top line of the container.
- Cap the bottle and shake to dissolve the powder.
- The mixed solution will be clear. Do not add anything other than the provided flavor packs to the solution.
- If you would like to drink the solution cold, store it in the refrigerator until it is time to start drinking.

Step 4: AT 4:00 PM, START DRINKING THE MoviPrep SOLUTION:

- Drink 1 (8 oz) glass every 30 minutes (about 4 glasses). Drink each glass steadily, at your own pace. **Do not "chug" it.** If you experience nausea, slow down in drinking the mix and try taking a few sips of one of the clear liquids listed above.
- A watery bowel movement should begin in approximately 1 hour or less. **Be sure to drink ALL the solution.**
- You may also have other clear liquids while drinking the MoviPrep solution.

Step 5: The second dose of solution is to be taken the "Morning" of procedure.

- Start drinking the second dose 3-4 hours BEFORE leaving your residence to come to SCW for your procedure. Drink solution as outlined in "Step 4".

Step 6: THE MORNING OF YOUR PROCEDURE, PLAN ON ARRIVING 90 MINUTES PRIOR TO YOUR SCHEDULED PROCEDURE TIME.

- Prescription medications may be taken as scheduled on the day before and the day of the procedure with sips of water.