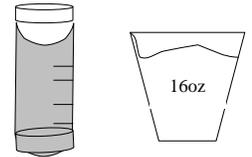
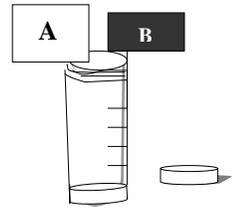
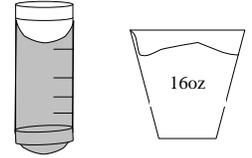
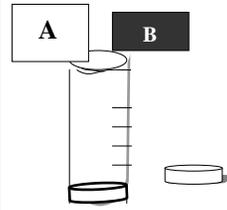


# Moviprep™ - Patient Preparation Instructions for Colonoscopy

## FIVE DAYS BEFORE YOUR EXAM DO NOT EAT ANY NUTS, SEEDS, POPCORN OR CORN.

On the day **before** the exam, \_\_\_\_\_, you may have **clear liquids only**. YOU MAY NOT HAVE ANY SOLID OR CREAM FOODS BEGINNING THE DAY BEFORE YOUR EXAM.

Beginning at <b>2 PM</b>	
<b>Step 1</b>	Take one 10 oz bottle of citrate of magnesia.
Beginning at <b>5 PM</b>	
<b>Step 2</b> Mix First Dose	<ul style="list-style-type: none"> <li>Empty 1 Pouch A and 1 Pouch B into the disposable container.</li> <li>Add lukewarm drinking water to the top line of the container. Mix to dissolve.</li> </ul> <p><u>If preferred, you may mix the solution ahead of time and refrigerate. The solution must be used within 24 hours.</u></p>
<b>Step 3</b> Drink First Dose	<ul style="list-style-type: none"> <li>The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz), until the full liter is consumed.</li> <li>Drink 16 oz of clear liquids. This is a necessary step to ensure that you are hydrated and the prep is effective.</li> </ul>
Beginning at <b>7 PM</b>	
<b>Step 4</b> Mix First Dose	<ul style="list-style-type: none"> <li>Empty 1 Pouch A and 1 Pouch B into the disposable container.</li> <li>Add lukewarm drinking water to the top line of the container. Mix to dissolve.</li> </ul> <p><u>If preferred, you may mix the solution ahead of time and refrigerate. The solution must be used within 24 hours.</u></p>
<b>Step 5</b> Mix First Dose	<ul style="list-style-type: none"> <li>The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz), until the full liter is consumed.</li> <li>Drink 16 oz of clear liquids. This is a necessary step to ensure that you are hydrated and the prep is effective.</li> </ul>



**What's considered a "clear liquid"?** A clear liquid is any beverage you can see through. Please avoid red or purple colored liquids. Sugar, sweetener and lemon are allowed. No cream, milk or pulpy juices are permitted.

- |              |           |                |                        |            |
|--------------|-----------|----------------|------------------------|------------|
| Fruit juices | popsicle  | Powerade       | broth (beef, chicken)  | Pedialyte  |
| coffee/tea   | Gatorade  | Jell-O (plain) | sugar/honey, sweetener | hard candy |
| 7-Up, Sprite | Kool-aid® | lemonade       | water                  |            |

To help prevent dehydration, it is important to drink plenty of clear liquids before, during, and after the colon-prep process. **We recommend that you have at least 20 oz of Gatorade during the preparation period.**

If your ARRIVAL time is **before NOON**, you must have nothing to eat or drink after midnight.  
 If your ARRIVAL time is **after NOON** you may have clear liquids until 8am on the day of your exam.  
 You must take your Heart, breathing and blood pressure medications with a few sips of water.