**Moviprep Bowel Preparation Instructions**

Procedure Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Arrival Time\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The Day Before Procedure

1. You will be on a clear liquid diet for the entire day. Clear liquids include: water, black coffee (no creamer) or tea, clear fruit juices, sports drinks, light soup, broth or bouillon, jello, popsicles. **PLEASE REMEMBER THAT YOU MAY NOT HAVE ANYTHING RED, PURPLE, OR DAIRY.**
2. At \_\_\_\_PM prepare the Moviprep solution by emptying 1 pouch A and 1 pouch B, adding water to the fill line and refrigerating. You may add one packet of Crystal Light or Wyler’s flavor packet as long as it is not red, pink, or purple colored. Drink 8oz of the solution every 15 minutes until the full liter is consumed. Afterwards, drink at least 16 oz of clear liquids of your choice.

\*\*\*Please **drink lots of water (about 1-2 gallons)** while doing your prep, and throughout the day. The more you drink the cleaner your colon will be, and **you won’t have to repeat the procedure.\*\*\***

The Day of Procedure

1. Repeat step 2 at \_\_\_\_AM.

You may drink small amounts of water on the morning of the procedure. **YOU MUST STOP DRINKING ANYTHING 3 HOURS PRIOR TO ARRIVAL TIME.**

SPECIAL INSTRUCTIONS for patients on diabetic, blood thinning, blood pressure, thyroid, and seizure medications:

* If you take insulin, use half of your regular dose the morning of the procedure, unless instructed otherwise.
* If you take diabetic pills, do not take the pills on the morning of the procedure.
* Stop taking Aspirin one week prior to the procedure.
* Stop taking Coumadin, Plavix, fish oil, iron supplements and/or vitamin E four days prior to the procedure.
* If you usually take MORNING doses of blood pressure, thyroid, or seizure medications, take the medication(s) with a sip of water on the morning of the procedure.

PLEASE BRING THE FOLLOWING WITH YOU TO THE PROCEDURE CENTER:

* Insurance card(s)
* Picture ID
* All of your current medications
* A driver other than a taxi or public transportation
* Allow approximately 3-4 hours to be at the procedure center.