

## **3 DAY COLON PREP WITH MOVI-PREP**

The best possible exam requires that the colon be completely empty of stool. Residual stool in the colon may make the visual exam or removal of polyps impossible. Therefore, it is imperative that you follow the diet and laxative instructions that are detailed below.

### **2 DAYS BEFORE THE PROCEDURE:**

1. You are to follow a **FULL LIQUID DIET** today. This includes water, coffee, tea, soda pop, soups, pudding, jello and ice cream. **NO SOLID FOODS.**
2. At **10:00am** take **2 Dulcolax tablets** with a liter of water (1 quart).
3. **Continue to drink plenty of liquids the rest of the morning.**
4. At **2:00pm** drink 1 bottle of **Magnesium Citrate.**
5. **Continue to drink plenty of liquids the rest of the day.**

### **ON THE DAY BEFORE THE PROCEDURE:**

1. You are to go to a **CLEAR LIQUID DIET.** This includes water, coffee, tea (No milk or cream added) Non-red soda pop, Apple, Cranberry and Grape juice, Broth, Non-red Popsicles and Non-red Jello. **No liquids containing red dye.**
2. Mix the first liter of Moviprep in the supplied contain by emptying 1 Pouch A and 1 Pouch B into the disposable container. Add lukewarm drinking water to the top line. Mix to dissolve. Refrigerate for later.
3. Drink the first liter of Moviprep between **2-5 PM.** The Moviprep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz) until the bottle is empty.
4. Continue to drink 6-8 ounces of additional clear fluids every 30 minutes until bedtime.
5. Mix the second liter of Moviprep using the remaining two pouches and refrigerate for later.

### **DAY OF THE PROCEDURE:**

1. Drink the second liter of Moviprep 4 hours prior to your arrival time.
2. You may continue to drink clear liquids up to 2 hours before the procedure.
3. You may take heart and blood pressure medications and use inhalers in the morning prior to when you stop drinking.
4. **YOU MUST HAVE SOMEONE DRIVE YOU HOME. YOU MAY NOT GO HOME BY BUS OR TAXICAB!** Please call the office with any other questions at 309-451-1123.