

## **Movi Prep (Split Dose)**

Colonoscopy prep causes the body to lose a significant amount of fluid and can result in sickness due to dehydration. It's important that you **prepare** your body by drinking extra clear liquids before starting the prep. Stay hydrated by drinking all required clear liquids during the prep. Continue to drink fluids immediately following your procedure.

### **The day before the procedure:**

- **CLEAR LIQUID DIET:**

**See Clear Liquid Diet on back of this sheet.**

If possible drink up to 8 ounces of clear liquids every hour before starting your prep.

**This is necessary to ensure adequate hydration and an effective prep.**

Follow these instructions to mix your Movi Prep:

- Empty 1 pouch A and 1 Pouch B into the disposable container.
- Add lukewarm water to the top line of the container.
- Cap the bottle, shake to dissolve.
- You may add a tea bag for flavor if desired.

If preferred, mix solution ahead of time and refrigerate prior to drinking.

The mixed solution should be used within 24 hours.

- At **6:00 PM** begin drinking the Movi Prep solution. (Drink an eight ounce glass of the solution every 10 minutes until the liter is complete.

(Approximately 1 hour – you should be done drinking around 7pm)

**Drink 16 ounces of clear liquid when the solution is completed. This is necessary to ensure adequate hydration and an effective prep.**

You can continue with clear liquids until you go to bed.

- You may mix the Am Movi Prep solution, repeat above instructions using the same container and refrigerate overnight.

### **The day of the procedure:**

**(5 hours prior to the procedure)**

- At \_\_\_\_\_**AM** begin drinking the second container of Movi prep solution. (Drink an eight ounce glass of the solution every 10 minutes until complete in approximately 1 hour)

**Stop drinking fluids Four (4) hours prior to your procedure.**

**\*\*All preps may cause abdominal cramping, nausea and vomiting. If you experience any of these common symptoms, please follow these instructions.**

1. At your office visit, you were given a prescription for phenergan, if nausea/vomiting occur take the phenergan as prescribed and wait 30 minutes before restarting your prep. You may choose to take the phenergan 30 minutes prior to beginning the prep.
2. Slow down drinking the prep. Nausea and cramping may be relieved simply by slowing down your prep.
3. If you vomit: Stop drinking, wait 30 minutes then restart the prep and drink it at a slower pace.

## **Clear Liquid Diet**

### **Avoid Products Which Are Red or Purple in Color**

**COFFEE \* NO CREAM**

**TEA**

**SODA/CARBONATED BEVERAGES**

**APPLE JUICE**

**WHITE CRANBERRY JUICE**

**WHITE GRAPE JUICE**

**FRUIT FLAVORED WATERS**

**GATORADE**

**JELL-O**

**POPSICLES**

**CLEAR WATER ICES**

**BROTH**

**HARD CANDY**

**SUGAR (MAY BE USED IN TEA & COFFEE)**

**WATER**

**IF IT IS NOT ON THE LIST THEN YOU CAN NOT HAVE IT**