Moviprep Checklist for Colonoscopy

1 DAY PRIOR TO PROCEDURE

☐ Begin a clear, liquid diet (i.e., clear soup broth, lemon/lime Jell-O, water, coffee, tea, Sprite, Ginger-Ale, apple juice/white grape juice). Avoid liquids with red, orange, blue, or purple food coloring as well as milk, alcohol, and solid foods.

☐ Drink at least 8 glasses of water during the day to avoid dehydration.

☐ Beginning at 5PM:
  ○ Pour 1 pouch A and 1 pouch B into the mixing container.
  ○ Add lukewarm drinking water to the top line of the container and mix.
  ○ Every 15 minutes, drink the solution to the next mark (approx. 8 ounces) until the full liter is consumed.
  ○ Drink two 8 ounce containers of a clear liquid of your choice over the next hour.*

☐ Repeat steps completing at 5PM again at 10PM.

DAY OF PROCEDURE

☐ Avoid eating or drinking unless you have been instructed otherwise.

☐ Take necessary medications with a small sip of water.

☐ Arrive at the hospital at your specified procedure time.

☐ Bring a trusted individual with you or have them arrive following your procedure to drive you home. **You are required to have a driver.**

*The solution can be mixed and refrigerated prior to drinking. Once mixed, use within 24 hrs.*

Your preferred pharmacy is listed as: ______________________________

This prep will be sent to your pharmacy.
Frequently Asked Questions:

What can I expect as I ingest Moviprep?

*Mild nausea, mild hunger, and/or profuse, watery bowel movements.*

When should I go to the emergency room?

*Call our office if you are unsure if you should visit the emergency room. Bodily responses that may require you to go to the emergency room involve intolerable nausea/vomiting, intolerable abdominal pain, and/or bloody stools.*

May I continue to take my daily aspirin and/or pain medications?

*You may take this the day prior to your procedure, but please do not take the day of your procedure.*

May I continue to use my inhaler?

*Yes. Use your inhaler the morning of your procedure and bring it with you to the hospital.*