



Hampton Roads Gastroenterology

501 Medical Drive, Hampton VA 23666

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MoviPrep Bowel Prep for Colonoscopy

Please read all prep instructions, as well as the Procedure Instructions also provided.

- Obtain your prep kit from the pharmacy as soon as possible.
- If you have any problems with your prep, please call the office at 826-3434.
- **DO NOT FOLLOW THE INSTRUCTIONS PROVIDED BY THE PACKAGE INSERT; FOLLOW THESE INSTRUCTIONS FOR YOUR PREP.** Thank you!

For the 3 days prior to your procedure: Avoid greens, vegetables, leafy foods, corn, seeds, & fruits with seeds

On the day before the procedure:

1. You may only have CLEAR LIQUIDS. Try to drink something every hour that you are awake.
You may have: apple juice, white grape juice, Jell-O (ONLY green or yellow), popsicles (ONLY green or yellow), 7-UP, Sprite, Ginger Ale, weak tea, CLEAR broths (with no food in it), and bouillon cubes.
You MAY NOT have: orange juice, coffee, Coke, Pepsi, solid foods, milk, any broths with bits of food or highly seasoned broths, or alcoholic beverages.
2. If you are *extremely* hungry, you may have a cup of blended yogurt (no fiber) or a nutrition drink such as Boost or Ensure before 2 PM.
3. Between 5 and 7 PM, you will begin the MoviPrep. Empty 1 pouch A and 1 pouch B into the disposable container. Add lukewarm drinking water to the top line of the container. Mix to dissolve. This can be done 24 hours in advance and refrigerated).
4. 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 complete.
5. Drink 16 ounces of the clear liquid of your choice.

On the morning of your procedure:

1. Three hours before your scheduled procedure time, but no later than 7 AM, empty 1 pouch A and 1 pouch B into the disposable container. Add lukewarm drinking water to the top line of the container. Mix to dissolve. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz.), until the full liter is complete. Drink 16 ounces of the clear liquid of your choice.
2. **STOP DRINKING ALL LIQUIDS 3 HOURS BEFORE YOUR SCHEDULED PROCEDURE TIME. YOU MAY NOT EAT ANY FOOD ON THE DAY OF YOUR PROCEDURE.**

You must have a driver for your procedure; you will be sedated and not allowed to drive yourself. You may not take a taxi or bus home from the procedure. If you arrive without a driver, you may be charged a \$150 fee.