



## Digestive Health Center

# Colonoscopy Prep Instructions - MoviPrep

Please see attached bowel prep instructions and Medication Information sheet.

2 Days Before	1 Day Before	Night Before	Morning of Your Procedure
<p>Drink at least eight 8-ounce glasses of water during the day.</p> <p>Take a dose of MiraLax in the evening to ensure a good prep. It should not give you diarrhea or interfere with your daily activities. You can get MiraLax from your local drug store or obtain a complimentary packet from the Cedar Valley Digestive Health Center at 1015 S. Hackett Rd. in Waterloo.</p>	<p>Drink only clear liquids the entire day. Your preparation will be better if you drink extra fluids. Begin drinking clear liquids first thing in the morning and continue throughout the day. (Note: if you are on fluid restrictions, please let us know.)</p> <p>Drink an 8-ounce glass every hour at minimum. It is important that you drink plenty of liquids to help the laxative work and to avoid dehydration.</p> <p><b>Please see Clear Liquid Diet sheet.</b></p>	<p>At 6:00 p.m., mix the MoviPrep by emptying one pouch A and one pouch B into the container. Add lukewarm water to the top line of the container and mix. You can pre-mix the solution and store it in the refrigerator but must use it within 24 hours. The MoviPrep container is divided by four marks. Drink the solution down to the next mark every 15 minutes until it is gone, followed by 16 ounces of clear liquids.</p> <p><b>Do not use any smokeless chewing tobacco or nicotine pouches at least 6 hours prior to your arrival time.</b></p>	<p>Take the second dose of laxative <b>4 hours</b> prior to your arrival time (including drive time). Prepare and drink another dose of MoviPrep followed by 16 ounces of clear liquids. Even if your stools were clear after your laxative dose last evening, you <b>must</b> drink the second laxative dose.</p> <div style="text-align: center;">  <p><b>STOP DRINKING CLEAR LIQUIDS 2 HOURS PRIOR TO YOUR ARRIVAL TIME.</b></p> </div> <p>Your stools should be clear or yellow, so that you can see through to the bottom of the toilet following a bowel movement. If you are having stools that are brown or contain pieces, call our office at 319-234-5990.</p> <p><b>*Take medications at least 2 hours before or after drinking the laxative</b></p> <p>If you use inhalers, please bring them with you.</p>

Date of procedure \_\_\_\_\_ Arrival time \_\_\_\_\_

**\*\* EXPECT TO BE HERE 3-4 HOURS \*\***

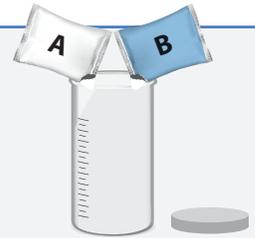
**Location: Cedar Valley Digestive Health Center**  
1015 S. Hackett Rd., Waterloo, IA 50701

If you have any questions or concerns, please call our office at 319-234-5990.  
Office hours are Monday–Friday from 8:30 a.m. - 5:00 p.m., with phones answered 24 hours per day for emergencies.

# Patient Instructions—Evening Before Regimen

The MoviPrep carton contains 4 pouches and a disposable container for mixing. You must complete the entire prep to ensure the most effective cleansing.

Beginning at: \_\_\_\_\_



## STEP 1

MIX  
FIRST  
DOSE

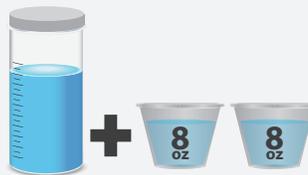
- Empty 1 pouch A and 1 pouch B into the disposable container.
- Add lukewarm drinking water to the top line of the container. Mix to dissolve.

If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.

## STEP 2

DRINK  
FIRST  
DOSE

- 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 consumed.
- Drink 16 oz. of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep.



Clear liquids include water, ginger ale, apple juice, Gatorade<sup>®</sup>\*, lemonade and broth. No red or purple liquids.

Ask your doctor if you have any questions about whether a particular drink is acceptable.

Beginning at: \_\_\_\_\_

## STEP 1

MIX  
SECOND  
DOSE

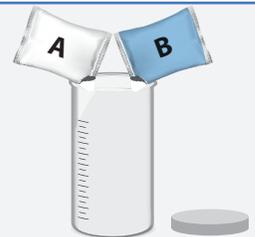
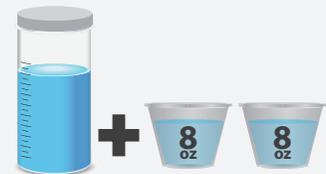
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A colonoscopy prep causes the body to lose a significant amount of fluid and can result in sickness due to dehydration. It's important that you prepare your body by drinking extra clear liquids before the prep. Stay hydrated by drinking all required clear liquids during the prep. Replenish your system by drinking clear liquids after returning home from your colonoscopy.

If you have any questions, please call our office at \_\_\_\_\_



\*Gatorade is a registered trademark of Stokely-Van Camp Inc. Chicago, IL.  
website: www.salix.com 1700 Perimeter Park Drive, Morrisville, NC 27560 Tel • 866-669-SLXP(7597)  
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(PEG-3350, Sodium Sulfate, Sodium Chloride, Potassium Chloride, Sodium Ascorbate and Ascorbic Acid for Oral Solution)

[www.MoviPrep.com](http://www.MoviPrep.com)

CEDAR VALLEY  
Digestive Health Center

[CedarValleyGI.com](http://CedarValleyGI.com)

1015 S. Hackett Rd., Waterloo, Iowa 50701  
319.234.5990

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