






# MoviPrep Bowel Preparation

When	What to do before your procedure
 <b>5 days before your procedure</b>	<ul style="list-style-type: none"><li>• Pick up the prescription for MoviPrep from your pharmacy. Make sure that you have 4 pouches: 2 of Pouch A and 2 of Pouch B.</li><li>• Do not eat nuts, seeds, whole wheat bread, beans, corn, raw fruits and vegetables with seeds or skin for 5 days before your procedure.</li></ul>
 <b>1 day before your procedure</b>	<ul style="list-style-type: none"><li>• <b>Do not eat any solid food.</b></li><li>• If you have heart failure or kidney disease, follow your provider's instructions for your daily fluid amount.</li><li>• <b>Only drink clear liquids, nothing red or purple. No alcohol.</b><ul style="list-style-type: none"><li>– water</li><li>– apple juice</li><li>– ginger ale</li><li>– black coffee/tea</li><li>– Gatorade</li><li>– Sprite, Sierra Mist</li></ul></li><li>• You may have these items until midnight, <b>only if they are clear</b> without any added food:<ul style="list-style-type: none"><li>– broth</li><li>– water-based popsicles</li><li>– JELL-O</li></ul></li><li>• No dairy, coffee creamer, alternative dairy products such as oat milk, juice with pulp, chewing gum or candy.</li></ul>
 <b>After midnight</b>	<p><b>Step 1:</b> Pour one Pouch A and one Pouch B into the MoviPrep container.</p> <p><b>Step 2:</b> Mix well to dissolve the powder.</p> <p><b>Step 3:</b> Drink all of the liquid in the container within 1 hour.</p> <p><b>Step 4:</b> Drink at least 2 more 8 oz. glasses of clear liquid over the next 1 hour.</p> <ul style="list-style-type: none"><li>• <b>Stop eating any broth, popsicles, or JELL-O.</b></li></ul>
 <b>6 hours before your procedure</b>	<ul style="list-style-type: none"><li>• <b>Repeat steps 1-4 using the second Pouch A and Pouch B.</b></li><li>• Do not eat any solid food, broth, popsicles, or JELL-O.</li><li>• Stool must be a clear, yellow-colored liquid (similar to apple juice) and without any solid material for your procedure.</li><li>• Take your approved medications with a small sip of water at least 3 hours before your procedure, unless otherwise directed by your provider.</li><li>• If you take diabetic medications, follow instructions given by your provider.</li></ul>
 <b>3 hours before your procedure</b>	<ul style="list-style-type: none"><li>• <b>Stop drinking any liquids.</b></li></ul>

If you eat any solid food on the day of your procedure, your procedure may be canceled.

If you have any questions, please contact the clinic.