# MoviPrep Bowel Preparation

## Planning for your Procedure

<table>
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<th>When</th>
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| **5 days before your procedure** | • 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.  
• Do not eat nuts, seeds, whole wheat bread, beans, corn, raw fruits and vegetables with seeds or skin for 5 days before your procedure. |
| **1 day before your procedure**  | • Do not eat any solid food.  
• **Only drink clear liquids, nothing red or purple. No alcohol.**  
• Clear liquids include:  
  – water  
  – ginger ale  
  – Sprite, Sierra Mist  
  – apple juice  
  – Gatorade  
  – lemonade  
  – broth  

**Step 1:** Pour one Pouch A and one Pouch B into the MoviPrep container.  
**Step 2:** Mix well to dissolve the powder.  
**Step 3:** Drink all of the liquid in the container within 1 hour.  
**Step 4:** Drink at least 2 more 8 oz. glasses of clear liquid over the next 1 hour. |
| **6 hours before your procedure** | • Repeat steps 1-4 using the second Pouch A and Pouch B.  
• Stool must be clear, liquid and without any solid material for your procedure.  
• Take your approved medications with a small sip of water at least 2 hours before your procedure, unless otherwise directed by your provider.  
• If you take diabetic medications, follow instructions given by your provider. |
| **2 hours before your procedure** | • Stop drinking any liquids. |

If you have any questions, please call us at (312) 942-5861.