



MOVI PREP SHEET

An absolutely clean colon is essential for a successful colonoscopy

THE DAY BEFORE YOUR EXAM:

- You may have **NO** solid food, only clear liquids except for anything **red or purple**. You may have water, soft drinks (Coke, Sprite, ginger-ale, etc.), bouillon, clear broth, apple or white grape juice, black coffee or tea (no creamers), Popsicles, Jell-O, and Kool-Aid, Gatorade, white cranberry juice. Unlimited amounts of regular Ensure or Boost may also be consumed prior to starting **MOVI PREP**
- In the morning empty **ONE “A”** packet and **ONE “B”** packet into the supplied container. Add lukewarm drinking water to the full line of the container. Mix to dissolve. Put in refrigerator to chill.
- **Patients with Chronic Constipation** will need to take 4 tablespoons of Milk of Magnesia at bedtime 2 nights prior to your exam.
- **Between 4:00 & 6:00pm** begin drinking the **MOVI PREP**. You must have 8 ounces every 15 minutes until the entire container is empty. Drink at least 16 ounces of clear liquids within the next hour.
- When finished mix the remaining **“A” and “B”** packets with lukewarm water to the fill line on the container and refrigerate.
- It is very important to consume clear liquids through out the entire prep.

THE MORNING OF YOUR EXAM:

- **THREE HOURS PRIOR TO LEAVING FOR YOUR EXAM:** drink the remaining **MOVI PREP**. You must have 8 ounces every 15 minutes until the entire container is empty. Follow with 16 ounces of water within the next hour, then nothing further by mouth.

- **IF YOU ARE SCHEDULED FOR AN AFTERNOON EXAM:** You may have clear liquids up to 4 hours prior to your procedure.
- If you normally take your heart and/or blood pressure medicines in the morning, take them with a small amount of water prior to leaving for your procedure. Do not take diuretics (water pills) unless in combination with blood pressure pills.

TO OBTAIN RESULTS OF YOUR EXAM:

- The doctor will speak with you and/or your designated agent following the procedure.
- If you had biopsies the results will be mailed along with an explanation of polyp types, the role they may play in the development of colon cancer, and recommended follow up.