

PREPARATION #3 (History of Difficulty with Preparation)

Split Dosing *MoviPrep*

Day prior to your procedure

- 1) **Drink only clear liquids the entire day (including breakfast).** Clear liquids include water, bouillon, apple juice, white grape juice, pulp free lemonade, sprite, ginger-ale, coffee or tea-without milk or non-dairy creamers, ice tea, Gatorade, plain Jell-O (no added fruit or toppings, no red, purple or blue Jell-O).
- 1) **Do not eat solid foods all day.** No orange juice, tomato juice, grapefruit juice, prune juice or milk products.
- 2) Prepare *MoviPrep* solution by emptying contents of 1 pouch A and 1 pouch B into a large container (or the one provided) and adding 1 liter of lukewarm water. Mix the solution to ensure ingredients are dissolved. Solution may be refrigerated prior to drinking. When ready to drink the second liter, it may be prepared the same way, using the 2nd pouch A and 2nd pouch B contents.
- 4) Begin drinking preparation between 6pm and 7pm. Drink an 8 oz glass of preparation every 15 minutes **until you complete the 1st liter. After completing the first liter, drink 0.5 liters (16 ounces) of clear fluid.**
- 5) Bowel movement should begin 1-2 hours after beginning the preparation and will continue for several hours. Bloating, abdominal fullness and nausea are common initially and will improve once bowel movements begin.

2nd Dose/Completing Preparation

- 3) **Starting 5-6 hours before your procedure time start drinking the second second liter of the preparation, an 8 oz glass every 15 minutes until the bottle is completed.** Please complete the preparation even if it appears that bowel movements have already cleared. **Drink 0.5 liter of clear liquid after completing the 2nd liter of preparation. This must be completed at least 3 hours before you must leave for your colonoscopy.**