



**MYCARE MEDICAL**

## Movi Prep

The day before your procedure, drink clear liquids only for breakfast lunch and dinner. No solid food. **Please take all your normal medications.**

### **STEP 1: THE DAY BEFORE YOUR PROCEDURE:**

- At **7:00am** begin drinking clear liquids from the moment that you wake up. Drink 8oz of fluids every hour to prevent dehydration.
- At **8:00am** prepare the MoviPrep solution by emptying one pouch A and one pouch B into the disposable container.
- Add room temperature water, lemon-lime Gatorade or lemon-lime Crystal Light to the fill line of the container. Shake well. Keep refrigerated.
- At **6:00pm**, shake the MoviPrep solution and drink 8 oz (as marked on the container) rapidly every 15 minutes until the solution is gone.
- Drink an additional 16oz of clear liquids within the next hour.
- At **8:00pm**, mix the second dose of MoviPrep by emptying one pouch A and one pouch B into the disposable container. Keep refrigerated.

### **STEP 2: IF YOUR COLONOSCOPY ARRIVAL TIME IS 10:30 AM OR EARLIER:**

- At **11:00 pm**, drink 8oz of MoviPrep solution (as marked on the container) rapidly every 15 minutes until the solution is gone.
- Drink an additional 16oz of clear liquids within the next hour.

### **STEP 2: IF YOUR COLONOSCOPY ARRIVAL TIME IS AFTER 10:30 AM:**

- At **6:00 am**, drink 8oz of MoviPrep solution (as marked on the container) rapidly every 15 minutes until the solution is gone.
- Drink an additional 16oz of clear liquids within the next hour.

**\*\* IF YOU ARE DIABETIC TAKE NO ORAL DRUGS THE DAY BEFORE AND THE MORNING OF YOUR PROCEDURE. IF YOU TAKE INSULIN TAKE ½ DOSE OF INSULIN THE DAY BEFORE THE TEST AND NONE THE DAY OF TEST.\*\*\***

### **IF YOU ARE ON BLOOD THINNERS PLEASE ASK YOUR PHYSICIAN ABOUT STOPPING THEM**

**Also: The morning of your procedure: THIS IS IMPORTANT!**

- Take all heart and blood pressure medicine with a small sip of water
- Take asthma medication
- Take all morning medications with a small sip of water