



Endoscopy Center of North Baltimore

## MoviPrep Patient Instructions for Colonoscopy

### EFFECTS OF BOWEL PREPERATION

The solution will cause you to have repeated loose stools (diarrhea), which is the expected result. These solutions typically work within 30-60 minutes but may take as long as 4 hours to have an effect. During the preparation process, you are advised to have a bathroom nearby.

One week prior to examination :

Fill prescription for MoviPrep

Please read all instructions carefully

One day prior to exam:

You may eat a light breakfast. After breakfast begin a clear liquid diet for the remainder of the day. No solid foods, milk, or milk products may be taken after breakfast.

**One day prior to the exam in the a.m** prepare the solution as follows:

1. The MoviPrep carton contains 4 pouches and a disposable container for mixing. You must complete the entire prep to ensure the most effective cleansing. **(Most patients find the solution tastes better if chilled prior to drinking.)**

2. First prepare the MoviPrep solution. Empty 1 pouch A and 1 Pouch B into the disposable container. Add lukewarm drinking water to top line of container. Mix to dissolve.

3. **At 6pm** begin drinking the solution. The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz), until the full liter is complete (at approximately 7 pm). Now drink 16 oz of the clear liquid of your choice. (The first bowel movement should occur approximately one hour after the start of the solution. You may experience some abdominal bloating and distention before the bowel movements starts.



4. **At 7pm** repeat step # 2

5. **At 8:30pm** repeat step #3. Including the 16 oz. of clear fluids.

You may continue to drink clear liquids until Midnight, then **nothing to eat or drink after midnight**. You should take your heart and blood pressure medications with sips of water on the morning of the exam.