

GASTROENTEROLOGY CLINIC OF SAN ANTONIO, P.A.



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MOVIPREP COLONOSCOPY PREP

DAY BEFORE THE PROCEDURE:

Follow the Colonoscopy Diet Instructions prior to the procedure is very important and allows the physician to complete a thorough examination of your colon. You will begin a liquid diet 24 hours before your procedure.

Part 1. The day before your procedure empty one **Pouch A** and one **Pouch B** into the mixing container. Add lukewarm drinking water to the top line of the container and mix to dissolve. You can then refrigerate it if you want. At about 6pm start drinking the liquid at a rate of about 8 ounces (one of the marks on the container) every 15 minutes until the full liter is consumed. Then drink 16 ounces or more of a clear liquid of your choice. The more you drink the cleaner you will be. You can continue to drink clear liquids until you go to bed.

Part 2. Starting 10 hours before your scheduled procedure empty one **Pouch A** and one **Pouch B** into the mixing container. Add lukewarm drinking water to the top line of the container and mix to dissolve. Again you can mix this early and refrigerate it if you want. Start drinking the liquid at the rate of about 8 ounces (one of the marks on the container) every 15 minutes until the full liter is consumed. Then drink 16 ounces or more of water. You can drink clear liquids of your choice up to 8 hours before your procedure but must finish all bowel prep and oral intake 8 hours before your procedure.

If your procedure is scheduled for real early in the morning (6-8am) you may find it more convenient to just take the whole prep the day before instead of trying to split it into two doses. Start **Part 1** at noon the day before and **Part 2** at 10pm. However, if you can split it as above it does work better.