

## Preparation Instructions- MoviPrep PM - Constipation

**Appointment Date: Check In Time: Procedure Performed by:**

Thank you for scheduling your procedure at Salem Gastro. Here is what you need to be before your appointment. Note: if you are diabetic or have had any other major health changes, please call our office for separate instructions.

### You will need two medications before you begin your prep:

- MoviPrep. We've sent this prescription to your pharmacy.
- One 10oz. bottle of magnesium citrate (No Red). It is available in the laxative section of your pharmacy.

### On (date) (One week before)

- Stop taking iron, vitamins or herbal supplements.
- Take your prescriptions unless told not to.
- Avoid foods with nuts or seeds (seeded bread, chunky peanut butter, corn, popcorn, and berries).

### On (date) (Two days before)

- Stop taking fiber supplements: Metamucil, Citrucel, etc.
- **5:00 pm:** Drink the 10 oz. bottle of Magnesium Citrate (No Red) followed by a full glass of water.

**No Solid Food after midnight.**

### On (date) (1 Day before)

**Begin clear liquid diet**

**BEGIN FIRST DOSE AT 8:00 PM BEGIN SECOND DOSE AT 7:00 AM**

Each MoviPrep kit contains a disposable container, 2 pouches labeled A, and 2 pouches labeled B. You must complete the entire prep to ensure the most effective cleansing.

### Step 1: Mix the first dose



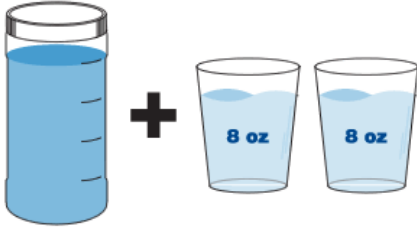
#### At the 8:00 PM

- Empty 1 pouch A and 1 pouch B into the disposable container
- Add lukewarm drinking water to the top line of the container. Mix to dissolve

If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.

Some people also prefer to drink MoviPrep with a straw.

### Step 2: Drink the first dose



- 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 consumed
- Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep

### Step 3: Mix the second dose



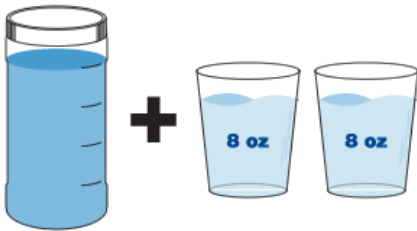
#### At 7:00 AM

- Empty 1 pouch A and 1 pouch B into the disposable container
- Add lukewarm drinking water to the top line of the container. Mix to dissolve

If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.

Some people also prefer to drink Moviprep with a straw.

### Step 4: Drink the second dose



- 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 consumed
- Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep

## Acceptable clear liquids include, but are not limited to:

Water, clear soup, fruit juice without pulp, soft drinks, tea and/or coffee without milk

Important note: Avoid any red or purple liquid, such as cranberry juice or grape juice, as the coloring can interfere with the results of your exam. Also avoid milk, dairy products, and nondairy coffee creamer.

### Day of your colonoscopy

- Do not eat or drink anything today before your procedure.
- Take your regular morning medications with a *small* sip of water at least 4 hours before your appointment.
- Bring a responsible adult who will be on site during your procedure.
- If you do not follow all these instructions, we will cancel your appointment and you will pay a \$100 cancellation fee.
- If you have questions, please call 503-399-7520 option #2