

## Preparation Instructions- MoviPrep AM - Constipation

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

Thank you for scheduling your procedure at Salem Gastro. Here is what you need 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 one medication before you begin your prep:

- **MoviPrep** - We've sent this prescription to your pharmacy. *\*Please contact our office if the prescription is not covered or has a high cost\**
- **Miralax (polyethylene glycol)** - 34 grams - It is available over the counter in the laxative section..

### 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)

**When you awake, begin Clear Liquid Diet. No Solid Food.** You may have: water, coffee, tea, (No milk or creamers) clear fruit juices without pulp or cloudiness, soda pop, Gatorade, chicken bouillon or clear broth, popsicles, and JELL-O.

Avoid the color **red** in all liquids. Avoid alcohol.

- Stop taking fiber supplements: Metamucil, Citrucel, etc.
- **5:00 pm:** Mix 34 grams of Miralax (polyethylene glycol) in 16 ounces of water and drink.

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

**Continue clear liquid diet.**

## **BEGIN FIRST DOSE AT 6 PM**

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.

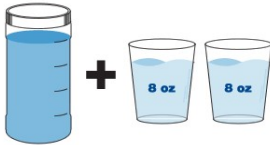
### Step 1: Mix the first dose



#### At 6:00 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



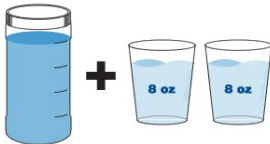
#### At 8:00 PM

- 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 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

## BEGIN SECOND DOSE AT 8 PM

### Day of your colonoscopy

- **Do not eat or drink anything today before your procedure. Including but not limited to, bowel prep, medication, hard candy, chewing gum and chewing tobacco.**
- Take your regular morning medications with a *small* sip of water at least 2 hours before your appointment. Please do not take any narcotics or controlled substances, which includes some anxiety medications until after your procedure.
- 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 #1