

MoviPrep Bowel Prep

NOTE: *The instructions that you receive from the pharmacy and the instructions provided here will vary; please follow the instructions that we have provided you.*

Two Days Prior: Drink 10 ounces of lemon flavored magnesium citrate 30 minutes after dinner, preferably no later than 6 or 7 pm. The magnesium citrate may be purchased over the counter at your local drug store. **DO NOT DRINK THE MAGNESIUM CITRATE IF YOU HAVE RENAL FAILURE.** Begin a clear liquid diet thereafter (examples listed below).

One Day Prior: Drink only CLEAR liquids all day. At 9am mix 1 Pouch A and 1 Pouch B into provided container and fill with lukewarm water. Every 15 minutes drink the solution to the next mark (8 oz), until full liter is consumed (this should take one hour). Repeat these instructions with the second set of pouches at 4 pm. Be sure to follow each dose with two full glasses of water. **DO NOT PRE-MIX MORE THAN 24 HOURS IN ADVANCE.**

- **COMMON SIDE EFFECTS** of the prep include nausea, diarrhea and cramping. Do not be alarmed if this should occur.
- It is important that you drink the ENTIRE prep. **FAILURE TO COMPLETE THE PREP MAY RESULT IN A POORLY CLEANSSED COLON.** Please follow instructions completely to avoid having to reschedule your procedure or Dr. Leichus missing small polyps.
- You must drink plenty of fluids when prepping for the procedure to **AVOID DEHYDRATION.** Signs and symptoms of dehydration are dry mouth, decrease in urination, dizziness and/or lethargy. If you have any questions or concerns, please call the office at 850-841-1166 and ask for the nursing staff.

Examples of Clear Liquids

- Water
- Coffee/Tea (no milk and/or cream added)
- Soda
- Popsicles
- Jell-O
- PowerAde or Gatorade
- Clear Broth or Soup (NO rice, noodles, or vegetables, etc)

NOTE: DO NOT DRINK/EAT ANYTHING WITH RED OR PURPLE COLORING. Cranberry Juice is okay to drink; it is naturally red.