

# MoviPrep Colonoscopy Prep Procedure Before Noon

### Bowel Preparation Instructions

The day before your colonoscopy, diet is to consist of CLEAR LIQUIDS ONLY (no solid food).

- Do not consume liquids that are red or purple in color. Do not consume milk products or juices with pulp. Clear liquids include water, black coffee, tea, apple juice, white grape or cranberry juice, lemonade, sports drinks (Gatorade, PowerAde, etc.), clear beef, chicken or vegetable broth, Jell-O, popsicles, frozen sorbet, or Italian ice. Alcoholic beverages are not permitted.
- **The day before your procedure, at 8:00AM:**
  - Prepare the prep solution according to the package instructions included in your prep kit.
  - The MoviPrep solution kit comes with a container that is divided by four (4) markers. Each marker is equal to 8-ounces worth of fluid.
- **The evening before your procedure, at 5:00PM:**
  - Consume one (1) 8-ounce glass of Moviprep solution every 15 minutes until the entire liter is complete. This should be followed by one (1) 16-ounce cup of clear liquid.
- **The evening before your procedure, at 10:00PM:**
  - Consume one (1) 8-ounce glass of prep solution every 15 minutes until the entire liter is complete. This should be followed by one (1) 16-ounce cup of clear liquid.
- After midnight, consume nothing further by mouth except a sip of water for necessary medications.

Contact the on-call Gastroenterologist at 941-262-0400 if any problems arise during the bowel preparation process.

### Prep Guide

	Dark and murky
	Brown and murky
	Dark orange and semi-clear
	Light orange and mostly clear
	Yellow and clear

