

MONTGOMERY ENDOSCOPY CENTER
12012 VEIRS MILL RD, SILVER SPRING MD 20906
P.(301)942-3550 F.(301)933-3621

SPLIT DOSE MOVIPREP INSTRUCTIONS

FIVE DAYS BEFORE THE COLONOSCOPY: _____

1. Stop stool bulking agents such as Metamucil and Citrucel, Iron tablets or Vitamins with Iron
2. Purchase Moviprep from local pharmacy. Do not mix until the day before the procedure.
3. Stop Aspirin, Advil, Aleve, Motrin, Ibuprofen or Naprosyn. Tylenol and Celebrex can be continued.
4. Start low fiber diet. Avoid nuts, seeds, corn, fruits and vegetables with skin.
5. Talk to your doctor about adjustments of diabetic medications and blood thinners.
6. Arrange your ride to accompany you home after the procedure.

DAY BEFORE THE PROCEDURE: _____

Clear liquid diet, which includes the following:


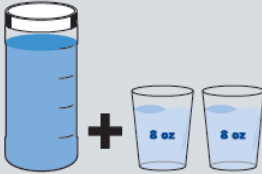
Beverages: Water, Ginger Ale, Sprite, 7-UP, lemon or lime Gatorade, herbal tea, apple juice, white grape juice, lemonade without pulp

Soups: Low sodium chicken, vegetable or beef broth either canned or bouillon cubes. (No meat, vegetables or noodle in the broth.)

Desserts: Hard candies, lemon or lime flavored Jell-O, popsicles- no red colors, sherbet or fruit bars.

PLEASE STAY WELL HYDRATED. DRINK 1-2 GLASSES OF CLEAR LIQUID EVERY HOUR.
PLEASE DO NOT HAVE ANYTHING ORANGE, RED OR PURPLE.


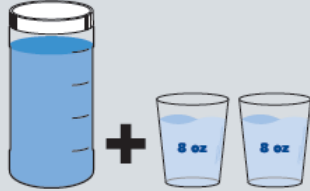
The evening before your colonoscopy beginning at: 6 PM

STEP 1 MIX FIRST DOSE	<ul style="list-style-type: none">■ 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 <p><small>If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.</small></p>	
STEP 2 DRINK FIRST DOSE	<ul style="list-style-type: none">■ 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	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"><p>Clear liquids include water, ginger ale, apple juice, Gatorade[®], lemonade, and broth. No red or purple liquids.</p><p>Ask your doctor if you have any questions about whether a particular drink is acceptable.</p></div> <div style="text-align: center; margin-top: 10px;"></div>

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6 hours before your procedure

The morning of your colonoscopy beginning at: _____

<p>STEP 3 MIX SECOND DOSE</p>	<ul style="list-style-type: none">■ 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 <p>If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.</p>	
<p>STEP 4 DRINK SECOND DOSE</p>	<ul style="list-style-type: none">■ 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	

DO NOT EAT OR DRINK ANYTHING AFTER THIS STEP.

PLEASE TAKE YOUR BLOODPRESSURE MEDICATION WITH SIPS OF WATER THE MORNING OF THE TEST.

FREQUENTLY ASKED QUESTIONS DURING COLONIC PREPARATION

I am feeling nauseous and do not think I can drink anymore?

This is a frequently encountered complaint. Please try walking around to help the solution move through your body. Lying down after drinking large amounts of liquid can precipitate vomiting. Sometimes a hard candy (lifesavers, jollyrancher) can help eliminate the taste of the solution from your mouth. Please continue with the preparation as it will maximize the quality of the colonoscopy.

What should my stool look like once I am clear?

After consuming all of the preparation, your stool should be a yellowish clear liquid.

I have drunk my prep and have not had a bowel movement?

Please try walking around as this helps the prep move through your system. Occasionally drinking more clear liquids may help.

If you have any questions, please do not hesitate to call us at 301-942-3350