

SAN FRANCISCO SURGICAL Medical Group

COLORECTAL AND GENERAL SURGERY

YANEK S. Y. CHIU, M.D. / MICHAEL E. ABEL, M.D. / LAURENCE F. YEE, M.D.
JEFFREY A. STERNBERG, M.D. / MICHELLE L. LI, M.D. / T. PHILIP CHUNG, M.D.

MOVIPREP Bowel Preparation - (Split Dose)

Please pick up your prescription at least one (1) week prior to your procedure

IMPORTANT:

You **MUST** be on a clear liquid diet starting the calendar day before your colonoscopy, until 3 hours before your colonoscopy.

- No solid foods
- Only liquids as listed
- **DO NOT** drink any liquids three (3) hours prior to arriving for your procedure. (No water)

CLEAR LIQUID DIET consists of:

Clear soup or consommé
Black coffee or tea (sugar is ok, but no milk)
Juices without pulp (apple, lemonade, Gatorade)
Plain Jell-O or popsicles (any color is ok, EXCEPT RED OR PURPLE)
NOTE: you may not have anything that is **RED OR PURPLE**

colored

YOU MAY NOT HAVE:

Dairy products
Solid foods
Alcoholic beverages

**** Bowel preparation begins the day before your procedure, as soon as you wake up and consists of a CLEAR LIQUID DIET, for the entire day.****

Step 1: (5:00PM – Day before your procedure) on:

- Empty 1 Pouch A and 1 Pouch B into the disposable container.
- Add lukewarm drinking water to the fill line of the container.
- Mix to dissolve. (Optional: You may refrigerate the solution)

Step 2: _____

- The Moviprep container is divided by 4 marks.
- Every 15 minutes, drink down to the next marker (approximately 8 oz) until all is consumed.
- Drink each glass quickly, rather than drinking small amounts continuously.
- Be sure to drink **ALL** of the solution.
- Bowel movement will usually occur within 1 – 3 hours.

Step 3: _____

- Drink an additional 2 glasses (16 oz) of clear liquid of your choice.

Step 4: **SLEEP**

Step 5: (NEXT DAY) 5 HRS OR MORE BEFORE ARRIVAL on:

- Repeat steps 1-3 above with the remaining Moviprep.