

## MOVI PREP for MORNING PROCEDURE

**YOUR PRESCRIPTION FOR MOVI PREP HAS BEEN FAXED TO YOUR PHARMACY. YOU WILL NEED TO PICK UP YOUR BOWEL PREP AT LEAST 2 DAYS BEFORE YOUR SCHEDULED PROCEDURE. CALL GI ASSOCIATES OF NH AT 603-228-1763 IF YOUR BOWEL PREP IS NOT AVAILABLE FOR PICK-UP AT YOUR PHARMACY.**

If you have a tendency to be constipated, also purchase Milk of Magnesia. You may use zinc oxide or Desitin® ointment to protect your skin during the bowel preparation.

### 2 DAYS BEFORE YOUR PROCEDURE:

**Stay on a low fiber diet.** Do not eat any beans, corn, tomatoes, cucumbers, nuts or any food containing seeds such as poppy, sesame, or sunflower. Do not eat any foods containing flax.

**If you tend to be constipated – take one ounce (2 Tablespoons) of Milk of Magnesia on this day.**

### 1 DAY BEFORE YOUR PROCEDURE:

**Stay on the CLEAR LIQUID diet. No solid food. No red Jell-O®.**

#### **MIXING DIRECTIONS:**

Empty the contents of one pouch A and one pouch B into the container provided (1 liter container) and add lukewarm water to the fill line. Do not add anything else to this solution. Chill in refrigerator.



Repeat mixing the second pouch A and the second pouch B into another 1 liter (quart) container to chill ahead of time or you can mix it using the same container after you drink the first solution as below.

**AT 5:00 PM – Start drinking the MOVI prep. Take 8 oz. every 15 minutes until the entire first liter is gone.**

**At 6:30 PM - Drink the 2<sup>nd</sup> liter of the MOVI prep solution. Take 8 oz. every 15 minutes until the entire 2<sup>nd</sup> liter is gone.**

**Drink an additional liter (quart) of clear liquid during the course of the evening.**

**Be sure to drink all of the solution.** Not completing the bowel prep may result in rescheduling your procedure. By morning you should be having greenish yellow to clear liquid bowel movements. Remember – no solid food before your procedure – stay on the clear liquid diet up until 2 hours before your scheduled procedure then stop - nothing by mouth 2 hours before your exam.