



Moviprep Split Dose Prep Instructions

Each MoviPrep kit contains: 2 pouches labeled “A”, 2 pouches labeled “B”, and a disposable container. Note that the container is divided by 4 marks (8oz each).

The Day Before Your Procedure:

- You may have the **LOW FIBER BREAKFAST** described on Page 1 of the Colonoscopy Information sheet. Finish eating by 9 a.m.
- After breakfast, begin clear liquid diet. Refer to the **CLEAR LIQUID DIET** instructions page for details and list of allowed liquids.
- Prepare the first dose of the prep. Empty 1 pouch A and 1 pouch B into the disposable container. Add lukewarm water or Crystal Light lemonade to the top line of the container. Mix to dissolve. Refrigerate for a few hours (this may help improve the taste). Please note the prep must be consumed within 24 hours of preparation.
- At 6 PM, drink the first dose. Every 15 minutes, drink the solution down to the next mark of the container (approximately 8 oz) until the container is empty.
- Drink at least an additional 16 oz of an allowed clear liquid of your choice. This is necessary to ensure that you stay hydrated and have a good prep.
- Prepare the second dose. Empty 1 pouch A and 1 pouch B into the disposable container. Add lukewarm water or Crystal Light lemonade to the top line of the container. Mix to dissolve. Refrigerate for a few hours (this may help improve the taste)

After Midnight on the Day of Your Procedure:

- Nothing to eat or drink except the instructions that follow next.
- **5 HOURS BEFORE YOUR PROCEDURE ARRIVAL TIME** drink the second dose. Every 15 minutes, drink the solution down to the next mark of the container (approximately 8 oz) until the full liter is consumed.
- Drink at least 16 oz of an allowed clear liquid of your choice. You must finish this **AT LEAST 3 HOURS BEFORE YOUR PROCEDURE ARRIVAL TIME.**
- If you normally take medication for blood pressure, seizures, pain, anxiety or breathing problems in the morning, take these with a sip of water just before leaving the house.