



2 Day Moviprep Split Dose Prep Instructions

What you will need:

- 10 oz bottle of Magnesium Citrate (available over the counter at pharmacy)
- Your filled prescription of Moviprep. The kit contains: 2 pouches labeled “A”, 2 pouches labeled “B”, and a disposable container. The container is divided by 4 marks (8 oz each).

Two days before your procedure:

- At 6pm, drink the bottle of Magnesium Citrate followed by 8 oz. of water

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 other than the prep solution.
- **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.