

COLORADO CENTER FOR DIGESTIVE DISORDERS

Jonathan E. Jensen, MD, FACP FACG

MOVI PREP INSTRUCTIONS

1. At least a few days before beginning the following steps, have your prescriptions filled at the pharmacy.
2. Do not eat anything containing small seeds or nuts for 3 days prior to the colonoscopy.
3. **No solid foods are allowed the day prior to your procedure; therefore begin a clear liquid diet the morning before your procedure.** Clear liquids are liquids which can be seen through when held up to the light. Drink plenty of liquids to keep yourself well hydrated. **Avoid anything with red food coloring.**
4. We have provided an optional prescription for an anti-nausea medicine. It is your option to fill the prescription. If you would like to use it, take one tablet one hour prior to starting the laxative. You may take another tablet as directed if needed for nausea.
5. Movi Prep Laxative: At approximately 4:00 p.m. the day before the procedure, empty one Pouch A and one Pouch B into the disposable container. Add lukewarm drinking water to the top line of the container. Mix to dissolve. (You may refrigerate prior to drinking but mixture should be used within 24 hours). Please call the office at 303-776-6115 if you have any problems with this prep. **Do not follow the instructions supplied with this product.**
6. The Movi prep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz), until the container is empty. Then drink at least 16 oz of additional clear liquid. It should take roughly one hour to complete. Continue the clear liquid diet until your next dose of laxative prep.
7. If the prep causes nausea, stop drinking for 30 minutes and restart drinking 6 ounces every 15 minutes.
8. If the preparation has not begun to work after 2 hours, place a glycerin suppository into the rectum and lie on your left side. Hold the suppository as long as possible until you feel the urge to have a bowel movement.
9. On the day of the procedure, 5 hours before your scheduled procedure time, repeat steps 5 and 6. This includes drinking the 16 oz of additional clear liquid. It will take approximately an hour to complete. You must FINISH drinking the laxative prep 4 hours before your procedure time. **After you complete the prep, don't eat or drink anything more. This means no food, water or liquids.** Start by: _____ am/pm Finish by: _____ am/pm.
10. It is extremely important that you complete the entire preparation since this will help insure a complete and thorough clean out of the colon. This will enable inspection of the colon walls and therefore better information from the study.

CLEAR LIQUID DIET

Water, Apple juice, White cranberry juice, White grape juice
7-up, Ginger ale, Sprite, Mountain Dew, Colas
Black coffee, Tea,
Gatorade, Jello-O, Popsicles (no red food coloring)
Broth – chicken, beef, vegetable