MOVI-PREP FOR COLONOSCOPY - DAY BEFORE PREP:

CLEAR FLUIDS ONLY THE ENTIRE DAY BEFORE YOUR COLONOSCOPY.

You can have Slice, Sprite, water, ginger ale, 7-Up, chicken broth, lemon and lime jello and ice pops – nothing RED in color. The more clear fluids you drink, the better the prep will be. No nuts, seeds or pulp 3 days prior.

The Movi-Prep contains 4 pouches and a container for mixing. You must complete the entire prep to ensure the most effective cleansing. Empty 1 pouch A and 1 pouch B into container, add lukewarm water to stop line, and shake to dissolve. You can mix the solution up to 24 hours ahead of time and refrigerate.

DAY BEFORE COLONOSCOPY –

3 PM – Start drinking solution, drinking down one line (approximately 8 ounces) every 15 minutes until the solution is finished. Once done, drink 16 oz of any clear liquid. Rinse and prepare the second dose.

8PM – Repeat with remaining dose of Movi-Prep.

Clear liquids up until midnight.

NOTHING BY MOUTH AFTER MIDNIGHT.

IF YOU TAKE BLOOD THINNERS, YOUR DOCTOR WILL ADVISE YOU IF THEY NEED TO BE STOPPED FOR YOUR PROCEDURE.

DIABETICS: please check with your doctor for help managing your blood sugar on your prep day.

DAY OF COLONOSCOPY – NOTHING BY MOUTH.

NO painkillers, sedatives or alcohol in any form.

DIABETICS – Do NOT take your medicine or insulin the day of procedure. Check your blood sugar and bring your diabetic meds to facility.

If you take OZEMPIC, WEGOVY or MOUNJARO – HOLD meds for ONE WEEK prior to procedure.

You CAN take your blood pressure, cardiac, seizure and thyroid medications by 7 a.m. the day of the procedure, with just enough water to swallow them.