

## MoviPrep Instructions

**Please follow these instructions and NOT the instructions on the MoviPrep Kit**

**If your arrival time is BEFORE 11:45am please follow these instructions**

**1 Day prior to your procedure -**

See the list of diet instructions on your Colonoscopy Prep Instructions titled "Day before your procedure".

1. See the list of acceptable liquids on your universal colonoscopy prep instructions titled "Day before your procedure".
2. **5PM**- Mix 1 pouch A and 1 pouch B with water. Mix to dissolve
3. The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz), until the full liter is consumed
4. Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep
5. Continue to drink clear liquids.
6. **11pm**- Mix 1 pouch A and 1 pouch B with water. Mix to dissolve
7. The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz), until the full liter is consumed
8. Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep
8. **OK to continue clear liquids. Nothing by mouth, including water, starting 4 hours before your arrival time.** If you take blood pressure, heart, seizure or anxiety meds in the morning, please take them **at least 4 hours** prior to your arrival. Please take them with only a sip of water.

**If your arrival time is AT OR AFTER 11:45am please follow these instructions.**

**1 Day prior to your procedure -**

1. REPEAT ABOVE STEPS #1-6 above.
2. **5AM** -Mix 1 pouch A and 1 pouch B with water. Mix to dissolve
3. The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz), until the full liter is consumed
4. Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep
5. **OK to continue clear liquids. Nothing by mouth, including water, starting 4 hours before your arrival time.** If you take blood pressure, heart, seizure or anxiety meds in the morning, please take them **at least 4 hours** prior to your arrival. Please take them with only a sip of water.

**Please be advised** - 2-5 days prior to the procedure you will get a MyChart message titled "Procedure Reminder/Read Entire Message". This will provide you with your arrival time which is usually 1 hour prior to your scheduled procedure. If you do not get the message please call us at 203-481-0315. Leave a message and someone will get back to you ASAP.