

William J. Fecht, Jr., M.D.
Paul K. Frederick, M.D.

Diplomates of the
American Board of
Internal Medicine and
Gastroenterology

9002 N. Meridian Street
Suite 200
Indianapolis, IN 46260

PH (317) 872-1161
TF (877) 282-5687
FX (317) 875-3286

www.indianagastro.com



MOVIPREP® BOWEL PREPARATION

Your efforts at cleansing your colon are essential for an accurate and safe procedure. The instructions provided below are designed to maximize the ease, safety and success of your preparation. **If you believe your prep has not been effective please inform the nurse and physician prior to the procedure.**

Purchase the following at the pharmacy

- MoviPrep® kit (prescription provided). **Do not follow the instructions on the back of the box but rather those instructions below.**
- Optional: Plain or aloe Baby wipes (minimizes bottom irritation)
- Optional: Desitin or A&D ointment (minimizes bottom irritation)

Day before the procedure

- Eat only a clear liquid diet throughout the day. No red or purple liquids. Avoid all solid food, dairy products and juices with pulp. Examples of clear liquids can be found on the reverse side (page 2). **Drink as much fluid throughout the day.**
- Between 5:00 to 6:00 p.m. – Empty 1 package containing pouch A and pouch B into the container, add lukewarm water to top line and mix to dissolve. You may add ice to chill. *You may also mix with lemon-lime Gatorade or lemonade Crystal light.*
- Drink approximately 8 oz (one line to the next line) every 15 to 20 minutes until the entire contents are gone. Next drink 16 oz of any clear liquid of your choice.
- Empty second package containing pouch A and pouch B, add lukewarm water to the top line and mix to dissolve. Store in the refrigerator for later use.
- Between 8:00 to 9:00 p.m. – Drink approximately 8 oz (one line to the next line) every 15 to 20 minutes until the entire contents are gone. As before, follow this by drinking 16 oz of any clear liquid of your choice.
- Continue clear liquid diet.

Day of procedure

- You may take necessary medications with small amount of water.
- You may continue clear liquid diet until 3 hours prior to your procedure.
- **DO NOT TAKE ANYTHING BY MOUTH 3 HOURS PRIOR TO YOUR PROCEDURE TIME.**

Please drink plenty of clear liquids throughout the day to prevent dehydration. You may have clear caffeinated beverages; however please do not make these a majority of your liquids.

CLEAR LIQUID DIET

Apple juice

Cranberry juice (okay because it is naturally red)

White grape juice

Propel fitness water (any flavor)

Gatorade (no red or purple)

Tea

Coffee. No cream or dairy products added.

Chicken or beef broth (strained)

Jell-o (no red or purple)

Popsicles (no red or purple)

You may have clear liquids with caffeine. However, please do not make it the majority of your liquids.