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## MOVIPREP® / CLEAR LIQUID / SPLIT 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® bowel prep kit (prescription enclosed).
- Optional: Plain or aloe Baby wipes (minimizes bottom irritation)
- Optional: Desitin or A&D ointment (minimizes bottom irritation)

### DAY ONE OF PREP (day BEFORE procedure)

- **Clear liquid diet only entire day** (examples listed on reverse side / page 2). **Failure to follow instructions can lead to a poor prep and will likely result in your procedure being incomplete or cancelled.**
- **MIXING INSTRUCTIONS:** Before 4 p.m. – Empty one (1) pouch A and one (1) pouch B into the container; add lukewarm water to top line and mix to dissolve. Refrigerate. You may add ice to chill. *You may also mix with lemon-lime Gatorade or lemonade Crystal light.*
- Beginning at 6 p.m. – Drink approximately 8 oz (one line to the next line) every 15 to 20 minutes until the entire contents are gone. **Should you become nauseous, it is okay to slow down.**
- Continue to hydrate with clear liquids throughout the evening.
- Prior to going to bed, repeat the **MIXING INSTRUCTIONS** as above. Refrigerate and save. **Do not drink this portion of the prep until the morning of your procedure.**

### DAY TWO OF PREP (day of procedure)

- **Nothing to eat or drink, other than as instructed below.**
- Using the prep you mixed and refrigerated the night before; drink approximately 8 oz (one line to the next line) every 15 to 20 minutes until the entire contents are gone. **YOU MUST COMPLETE THIS STEP AT LEAST 3 TO 4 HOURS PRIOR TO LEAVING YOUR HOME.**
- 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.**