

# Just what is a clear liquid?

As a category, *clear liquids* is broader than you might think. It's more than just water and lemon-lime soda. The variety of liquids that qualify as clear may surprise you; they usually include the following:

- ✓ Water (the original clear liquid)
- ✓ Chicken or beef bouillon/broth (low sodium)
- ✓ Flavored drink mix (lemonade, lime, orange flavors only)
- ✓ Frozen ice pops or Italian ice (no ice cream, sherbets, or fruit bars)
- ✓ Fruit juices so long as they're strained, without pulp (apple, white grape, white or red cranberry, orange, and lemonade, for example)
- ✓ Gelatin (any color is ok; no fruit or toppings)
- ✓ Hard candies
- ✓ Soft drinks (orange, ginger ale, cola, lemon-lime for example)
- ✓ Tea or coffee (no milk or non-dairy creamer)

**Absolutely no alcoholic beverages while you prep!**

# Patient Instructions — Split-Dose Regimen

The MoviPrep carton contains 4 pouches and a disposable container for mixing. You must complete the entire prep to ensure the most effective cleansing.

The evening before your colonoscopy beginning at: 6 pm

## STEP 1 MIX FIRST DOSE

- Empty 1 Pouch A and 1 Pouch B into the disposable container
- Add lukewarm drinking water to the top line of the container. Mix to dissolve

If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.



## STEP 2 DRINK FIRST DOSE

- 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
- Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep



Clear liquids include water, ginger ale, apple juice, Gatorade\*\*, lemonade, and broth.

Ask your doctor if you have any questions about whether a particular drink is acceptable.

The morning of your colonoscopy beginning at: \_\_\_\_\_

## STEP 3 MIX SECOND DOSE

- Empty 1 Pouch A and 1 Pouch B into the disposable container
- Add lukewarm drinking water to the top line of the container. Mix to dissolve

If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.



## STEP 4 DRINK SECOND DOSE

- 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
- Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep



Your body loses significant amounts of fluid during bowel preparation. In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids. **Make a conscious effort to drink as much as you can before, during, and after the preparation.**

If you have any questions, please call our office at 708-795-9595.

\*Gatorade is a registered trademark of Stokely-Van Camp, Inc., Chicago, IL



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# MoviPrep

(PEG-3350, Sodium Sulfate, Sodium Chloride, Potassium Chloride, Sodium Ascorbate and Ascorbic Acid for Oral Solution)

Rx only

Low-Volume Prep.  
High-Volume Efficacy.

**Patient Instructions for Colonoscopy**  
(MoviPrep)

You are scheduled for a colonoscopy. This is an examination of your intestine (colon) by means of a fiberoptic endoscope. An endoscope is a flexible tube, about as large around as a dime. The tube is passed through the anal canal into the rectum and then advanced through the entire colon. Through this tube we can directly see the inside of your colon. The test takes about ½ an hour to perform depending on the course that the colon takes in your body. You will be at the hospital for approximately 3 hours. This test can give us information about your colon that we cannot obtain in any other way, including x-rays.

Before starting your test you will be given a sedative injection which will relax you so that your test can be performed with the absolute minimum of discomfort. You will not be completely asleep but will be able to be aroused, if necessary, to cooperate with the examination. The comment made most often by patients who have had this test is: "That was not as bad as I thought it would be." Your reflexes and thought processes will be affected by the sedation. Therefore, you can not drive, use heavy machinery or make important decisions for the rest of that day.

**Changes to current medications before the exam:**

- For 7 days before the procedure do not take any Aspirin products or Iron Supplements
- For 2 days before the test do not take any arthritis medications (such as advil, motrin, aleve, ibuprofen, Celebrex for Naprosyn)
- For 4 days before the procedure do not take Plavix or Coumadin

**Please follow these few simple instructions:**

1. On the day before the procedure, \_\_\_\_\_ drink plenty of **clear liquids** all day (such as water, tea, coffee, apple juice, clear broths, and jello). Do not eat any solid foods.
2. See the next page for further MoviPrep cleanout instructions
3. Except for this preparation, do not eat or drink anything after midnight, before the procedure, \_\_\_\_\_.

Dress comfortably, wear loose clothing and avoid perfumes. Arrange to have a friend or relative take you home after your test, as it would be unsafe for you to drive after sedation.

Your test is scheduled for \_\_\_\_ am/pm on \_\_\_\_\_  
Report to the endoscopy lab at \_\_\_\_\_ Hospital at \_\_\_\_ am/pm.

After your test you will remain in the recovery area until you have recovered from the sedative. **Since you will receive sedation you cannot drive. You must arrange for someone to drive you home.**

If you have any questions that haven't been answered, please ask us or call the office.