



## Langone Medical Center

NYU at Trinity Center

111 Broadway – 2<sup>nd</sup> floor

New York, NY 10006

Phone (212)263-9700

Fax (212)263-9701

[www.nyutrinitycenter.org](http://www.nyutrinitycenter.org)

### Preparation for Colonoscopy with Moviprep

You are scheduled to have a colonoscopy on \_\_\_\_\_ at \_\_\_\_\_.

Please fill your prescription for Moviprep at the pharmacy a few days before your procedure (Colonoscopy)

#### The day before the procedure:

##### **VERY IMPORTANT:**

**You must maintain a clear liquid diet the ENTIRE day (NO SOLID FOOD)!** Also, please do not eat any corn, nuts, or food with seeds **5** days before the procedure. Other products to stay away from the day before the procedure are dairy products, orange juice, yogurt, or anything **RED** in color. You may have: Clear Broth (**NO** noodles, meat, or vegetables), clear juice or clear soda such as (apple juice, white grape juice, lemonade, Gatorade, ginger ale, 7-UP, water), green or yellow jell-O, popsicles, coffee or tea. (**NO** milk or cream; you may add sugar, honey, or lemon).

#### Beginning at 6:00PM the day before the exam:

**\*Step 1:** 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.

*Suggestion:* Mix solution ahead of time and refrigerate prior to drinking...

(You must use the solution within 24hrs).

**\*Step 2:** 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 completed.

**\*Step 3:** Drink 16 oz. of the clear liquid of your choice (see examples above).

**\*Step 4:** Rest for 1 ½ hours.

#### Beginning at 8:30PM the day before the exam:

Repeat steps **1** and **2**...

Drink only clear liquids until midnight. **Do not eat or drink anything after midnight.** (Including water)