

HUDSON VALLEY GASTROENTEROLOGY, PC
PROCEDURE PREP

Your prep day is 00/00/0000

You will need to fill your prescription for MoviPrep at your local pharmacy. If your insurance does not cover MoviPrep your prep instructions are subject to change, please contact our office for updated instructions. Only follow instructions from this office, do NOT follow instructions from your pharmacy.

Instructions for prep:

- You must remain on a clear liquid diet all day (day before exam). This starts from the time you get up until Midnight.
- In the morning, prepare the MoviPrep Mixture for the 6 PM evening dose. Empty 1 Pouch A and 1 Pouch B into the disposable container. Add water to the top line of the container.
Cover and shake to dissolve, then refrigerate.

Beginning at 6:00 PM (Day before Exam):

- 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 complete. Drink ALL of the mixture.
- Drink 16 oz of the clear liquid of your choice.
- Prepare the MoviPrep Mixture for the morning dose. Empty 1 Pouch A and 1 Pouch B into the disposable container. Add water to the top line of the container. Cover and shake to dissolve, then refrigerate.
- Continue on clear liquids until midnight, then nothing by mouth EXCEPT for morning dose.

Beginning at --:-- - 4 hours before your procedure (Day of Exam)

- 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 complete. Drink ALL of the mixture.
- Drink 16 oz of the clear liquid of your choice.
- Do not have **ANYTHING** to drink for 3 hours before your procedure

Clear Liquid Diet List

{A clear liquid is any liquid that you can see through}

Nothing RED or ORANGE in color

No milk, Cream or Soy milk in your coffee or tea

No alcoholic beverages please

Please drink as much as possible **IN ADDITION** to your prep solution.

You May Have:

- Clear Soups and Broths (no pasta/veggies) (water based chicken or beef broth is OK)
- Clear Juices: Apple, White Grape, White Cranberry
- Instant Drink Mixes: Iced Tea, Lemonade, Crystal Light, Gatorade, Propel, Pedialyte or other Flavored Waters
- Hard Candy: No Red or Orange (Butterscotch & Root Beer are OK)
- JELL-O Gelatin: Grape, Lime, Berry Blue, Pineapple, Lemon
- Popsicles/Italian Ice: Any Flavor that is **NOT** Red or Orange in color
- Clear Sodas and Seltzer Water (note: these should be limited due to carbonation)
- Tea: Any Kind: Black tea, Green tea, Earl Grey, Oolong, White tea, Herbal tea etc.
- Coffee: Black with sugar is OK, NO milk, soy milk or powdered creamers

YOU MAY USE: Sugar, Honey, or Lemon to flavor any liquid.