

**University of Maryland Medical Center
Division of Gastroenterology
22 S. Greene Street Baltimore, MD 21201
GI Endoscopy Lab, North Hospital, Room N3W159
Or GI Endoscopy Lab, North Hospital, 7th floor**

Split MoviPrep Colonoscopy Preparation Instructions

A colonoscopy allows examination of the lining of the entire lower bowel for abnormalities using a lighted flexible tube called a colonoscope. Your colonoscopy is scheduled for _____ at _____ a.m. Please report to the GI Endoscopy Lab on the 3rd or 7th floor of the University of Maryland Medical Center. Please bring all insurance cards, referrals and co-pays, if applicable. **Please arrive one hour before your scheduled procedure.**

Instructions for Colonoscopy Preparation:

Your colon must be completely empty for the colonoscopy to be accurate and complete. This sheet provides instructions for your colonoscopy preparation. If after reading these instructions you have any questions or concerns regarding your scheduled procedure and/or instructions, please call the gastroenterology division at (410) 328-5780.

Prior to the Exam:

1. Purchase a MoviPrep Kit at any pharmacy. A prescription is needed.
2. Stop iron 5 days prior to your scheduled colonoscopy.
3. If you take insulin, coumadin, blood pressure or heart medications contact your primary care physician about whether or not you should take them before the procedure.

The Day before the Exam:

1. You may have a light breakfast (1 piece of bread with coffee or juice). **AFTER BREAKFAST YOU MAY HAVE CLEAR LIQUIDS ONLY FOR THE REST OF THE DAY.** Clear liquids include:
 - a. Clear broth or bullion (no vegetables, meat, or noodles)
 - b. Strained fruit juices without pulp (apple, white grape, lemonade)
 - c. Water, plain coffee or tea, Gatorade, Kool-Aid
 - d. Soft drinks such as 7-Up, Sprite, or Ginger Ale
 - e. Jell-O (plain without added fruit, no red or purple Jell-O)
 - f. Ice Popsicles or Italian ice (without fruit)
2. In the morning prepare the MoviPrep Solution. 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 and then refrigerate if preferred. You may add a tea bag to alter/improve the taste if desired.
3. **At 6 pm** begin drinking the solution. 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 (at approximately 7 pm). Now drink 16 oz. of the clear fluid of your choice.
4. **At 7 pm**, using the other 2 pouches, prepare the MoviPrep solution again as you did in the morning and refrigerate if preferred. You may add a tea bag to alter/improve the taste.

The Morning of your Procedure:

5. **Four hours prior to the start of your procedure at _____ am**, begin drinking the solution. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz.), until the full liter is complete (approximately 1 hour).

Exam Day:

1. Take your regular medications with a sip of water, about two hours after finishing the morning doses of MoviPrep, unless instructed otherwise by your doctor.

**University of Maryland Medical Center
Division of Gastroenterology
22 S. Greene Street Baltimore, MD 21201
GI Endoscopy Lab, North Hospital, Room N3W159
Or GI Endoscopy Lab, North Hospital, 7th floor**

Split MoviPrep Colonoscopy Preparation Instructions

2. You must bring an adult with you because you will be given medication to help you relax. This medication will make you drowsy so that you will need someone to take you home. **The procedure will be cancelled if an adult is not available to accompany you home.**