

# DULCOLAX / MOVIPREP

## You Need To Buy

(2) 5 mg Dulcolax tablets-over the counter (Total of 10mg)  
MoviPrep prescription

### Two (2) Days before your Procedure:

You are eating your Regular Diet

- ❖ **At 5PM-** Take 2 Dulcolax tablets by mouth with a glass of water (total 10mg)
- ❖ Mix your first pouches "A" and "B" in the disposable container with tepid water to the top line on the container. Mix to dissolve. Chill it in the refrigerator.

### One (1) Day before the Procedure:

- ❖ Start a CLEAR LIQUID diet when you get up in the morning

YOU CAN DRINK these liquids:	
Coffee, tea, carbonated beverages, apple juice, white grape juice, fruit flavored gelatin, Gatorade, Country Time drink mixes, Kool-aid, Crystal-lite	Beverages
Plain gelatin, clear water ices, popsicles, slushes, jelly beans, hard candy	Dessert
Sugar, artificial sweeteners, non fat, nondairy creamer i.e. coffee-mate or creamora	Seasonings
Fat free clear broth or bouillon (can be chicken, beef, vegetable)	Soup
DO NOT DRINK these liquids: Red or purple colorings [orange is ok] Solid food Dairy products (milk, half/half, cheese etc.) Supplements (ensure or boost)	

- ❖ **At 5 PM-** Take the MoviPrep container out of the refrigerator. Drink an 8 ounce glass of the laxative solution every 15 minutes until the entire contents are consumed. There are 4 marks down the side of the container which are 8 ounce marks. Drink it cool. DO not add ice. Use a straw if needed.

5PM

5:15PM

5:30PM

5:45PM

- ❖ Drink (2) 8 ounce glasses of any clear liquid in the next hour.
- ❖ Mix the 2<sup>nd</sup> pouches "A" and "B" in the disposable container with tepid water and put in the refrigerator.

### The Morning of the Procedure:

- ❖ 5 hours before you leave the house you drink the 2<sup>nd</sup> container of the laxative mixture.
- ❖ Drink 2- 8 ounce glasses of clear liquid in the next hour

You can take prescribed medications 3 hours before you have to leave the house.  
**DO NOT TAKE DIABETIC MEDICATIONS; WATER PILLS (DIURETICS) OR POTASSIUM SUPPLEMENTS TODAY.**  
(Refer to the attached medication sheet for medications you should have ready stopped.)

NO SMOKING 12 HOURS PRIOR TO PROCEDURE.

NO candy, jelly beans, chewing gum, mints 6 hours before leaving home

**STOP DRINKING 3 HOURS BEFORE YOU LEAVE THE HOUSE**

REPORT TO: \_\_\_\_\_ AT \_\_\_\_\_ AM/PM. You may receive an enema at the center to complete your preparation for the procedure (if appropriate)