

Miralax/Moviprep

Need to buy from the pharmacy:

Miralax (enough for 14 doses)
Rx for Moviprep

7 DAYS BEFORE your procedure:

- Take 1 or 2 doses of Miralax every day. Mix the Miralax as directed on the package.
- Stop eating any seeds or nuts. You may continue on your regular diet.

2 DAYS BEFORE your procedure:

Start on a **clear liquid** diet. (See list below)

FOODS ALLOWED ON A CLEAR LIQUID DIET	
<ul style="list-style-type: none"> ▪ WATER, ▪ COFFEE, TEA ▪ CARBONATED BEVERAGES ▪ APPLE JUICE, WHITE GRAPE JUICE, ▪ FRUIT FLAVORED DRINKS AND POWDERS- GATORADE, COUNTRY TIME, CRYSTAL LITE, KOOLAID 	<ul style="list-style-type: none"> ▪ FAT FREE CLEAR BOUILLON, BROTH ▪ PLAIN GELATIN DESSERTS, POPSICLES, SLUSHES, ICES, HARD CANDY, JELLY BEANS ▪ SUGAR, ARTIFICIAL SWEETENERS, NON-FAT, NON-DAIRY CREAMERS like COFFEEMATE or CREMORA
Foods NOT ALLOWED	
Solid food Dairy products (milk, cream, cheese, half & half) Red or purple colorings [orange is ok] Ensure / Boost	

1 DAY BEFORE your procedure:

1. Open the box of Moviprep.
2. Pour the 1st pouches "A" and "B" in the MOVIPREP container
 - a. Fill the container to the line with tepid water.
 - b. Shake the container to mix.
 - c. Put the container in the refrigerator.
3. **Stay on the CLEAR LIQUID DIET**
4. **5PM.** Take the MOVIPREP container out of the refrigerator
 - a. Every 15 minutes drink an 8 ounce glass of the laxative mixture. You will drink A TOTAL OF 4 GLASSES.
 5pm.....5:15 pm.....5:30 pm.....5:45 pm
 - b. You should have BM's within 30 – 60 minutes
 - c. Bloating will occur, it will pass. Walk around the house or rock in a chair to relieve bloating
 - d. If you get nauseated take a 10 -20 minutes break
5. In the next hour—
 - a. Drink (2)- 8 ounces glasses of clear liquid
6. Mix the 2nd pouches "A" and "B" in the MoviPrep container
 - a. Fill the container with tepid water
 - b. Shake the mixture to mix
 - c. Put the container in the refrigerator. You'll drink it in the morning.
7. **Continue drinking ANY** clear liquids of your choice until you go to bed
8. Take any prescribed PM medications when your BM's slow down

THE DAY OF your procedure:

1. _____ **5 hours before you leave home:**
 - a. Drink the last 4 glasses of the laxative.
 - b. Drink (1) – 8 ounce glass every 15 minutes

c. Drink 2 glasses of clear liquid within the next 60 minutes

12 HOURS before your procedure: STOP SMOKING
6 HOURS before your procedure: No candy, mints, jelly beans or chewing gum
3 HOURS before your procedure: Take any regularly prescribed medication. DO NOT TAKE diabetic medication, potassium pills or diuretics (water pills)
STOP DRINKING LIQUIDS:

REPORT TO _____ AT _____ AM/PM in order to complete preparations for the procedure.

- Please contact your primary care physician to see if any adjustment is necessary in your blood thinner or diabetic medications (SEE ATTACHED LIST OF MEDICATIONS WHICH NEED TO BE STOPPED PRIOR TO THE PROCEDURE)