



COASTAL ENDOSCOPY CENTER, LLC

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MOVI-PREP FOR COLONOSCOPY

CLEAR FLUIDS ONLY THE ENTIRE DAY BEFORE YOUR PROCEDURE.

You can have slice, sprite, water, ginger ale, 7-up, chicken broth, lemon and lime jell-o and ice pops.
The more fluids you drink the better the prep will be.

The Movi-Prep contains 4 pouches and a container for mixing.

You must complete the entire prep to ensure the most effective cleansing.

Empty 1 pouch A and 1 pouch B into container, add luke warm water to top line, shake to dissolve.

You can mix the solution ahead of time and refrigerate (not more than 24 hours before).

STARTING AT 3:00 PM

Start drinking solution, drink one line down every 15 minutes (approx 8oz).

When you finish the solution, drink 16oz of any clear liquid you choose.

When you are finished drinking the first container, rinse out and mix another container the same way as described above.

STARTING AT 8:00PM

Repeat the same process of drinking the solution that you did at 3:00pm

THE DAY OF YOUR COLONOSCOPY

Diabetics- the day of your endoscopy, check your blood sugar in the AM.

DO NOT TAKE YOUR DIABETIC MEDICINE- you will bring it with you to the facility.

If you are taking medication for **high blood pressure, cardiac, thyroid or seizure medicines** and you take them in the AM, please take by 7:00 AM with just enough water to swallow the pills.

No Painkillers, sedatives or alcohol.