

Colonoscopy Bowel Prep Instructions

MoviPrep® 2-Day

Refer to this instruction sheet for the entire week before your colonoscopy.

Colonoscopy preparation (prep) instructions are extremely important for a successful colonoscopy. If you do not follow the instructions correctly, your bowels may not be ready for the procedure and you will need to repeat the procedure.

Planning for your colonoscopy

As soon as you receive this information, read through the items below. Check off each box to confirm that you understand each item.

You must do a bowel prep.

- If you have not received a bowel prep, call the Endoscopy Call Center at (734) 936 - 9250 or toll-free at (877) 758 - 2626.

Fill your prescription at least a week before your procedure.

You must have a driver with you at the procedure.

- You must have a driver who is **18 years or older** present with you when you check in and leave your appointment. If you do not have a driver with you at check in, we will reschedule your appointment.
- Your entire procedure may take 3 to 4 hours to complete. Please tell your driver that they have to stay at the colonoscopy appointment during your entire visit.
- **Please leave all jewelry and personal items at home.** If you bring jewelry to your appointment, we may have to ask you to remove it.
- **Please do not wear contact lenses.**

If you have diabetes, you must call your doctor.

- People with diabetes have special diet and medicine instructions. Call the doctor who ordered your colonoscopy for your special diet and medicine instructions.

View the video describing risks and benefits of colonoscopy.

- Visit: bit.ly/MM-colonoscopy

If you need to reschedule your colonoscopy:

- Call (734) 936 - 9250 or toll-free (877) 758 - 2626.

Timeline of the colonoscopy preparation

How will I determine my colonoscopy prep schedule?

The timeline table below will help you determine the days of the week for your prep. First, figure out what day of the week your appointment is. Then highlight or circle the correct row to see your other prep days. **Your prep process will begin at the start of your day.**

If you reschedule your appointment, you must redo the timeline table to match your new date.

My appointment is: _____
(Date, day, and time)

Timeline table:

My appointment is on:	7 days before is:	3 days before is:	2 days before is:	1 day before is:
Monday	Monday	Friday	Saturday	Sunday
Tuesday	Tuesday	Saturday	Sunday	Monday
Wednesday	Wednesday	Sunday	Monday	Tuesday
Thursday	Thursday	Monday	Tuesday	Wednesday
Friday	Friday	Tuesday	Wednesday	Thursday
Saturday	Saturday	Wednesday	Thursday	Friday

Follow the instructions carefully for each day before your colonoscopy:

7 days before your colonoscopy	Day: _____ (Fill in the day according to the timeline table)
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- **If you are taking aspirin, do not stop taking your aspirin.**
- If you take a blood thinner, tell the doctor who ordered your colonoscopy. If you are unsure if you are taking blood thinners, please contact your doctor.
- Stop taking any iron supplements, such as ferrous sulfate or polysaccharide iron complex.
- Stop taking any phentermine (Adipex-P®, Lomaira®, Fastin®, Phentercot®) or phentermine and topiramate (Qsymia®) weight loss medications.

3 days before your colonoscopy	Day: _____ (Fill in the day according to the timeline table)
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Stop eating popcorn, corn, beans, nuts, fruits with small seeds, tomatoes, and celery.

2 days before your colonoscopy	Day: _____ (Fill in the day according to the timeline table)
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Don't eat any solid food from now until your procedure is done.

Begin a clear liquid diet (details are in the table on Page 4). Drink at least 8 glasses of water or clear liquids during the day to avoid dehydration.



Mix your first dose of MoviPrep® by emptying one Pouch A and one Pouch B into the MoviPrep® container. Add lukewarm drinking water to the top line of the container and mix to dissolve.

- If you prefer, you can mix the dose ahead of time and refrigerate it before drinking. The mixed dose must be used within 24 hours.



Between 5 and 6 pm, start drinking the prep. The MoviPrep® container is divided by 4 marks. Every 15 minutes, drink down to the next mark (about 8 ounces), until the full liter container (32 ounces) is empty. This process will take one hour.

- Over the course of the evening, **drink an additional 2 cups of clear liquids** from the table below.



Stay near a toilet, as you will have diarrhea.

You may drink these clear liquids:	Do not drink these liquids:
<ul style="list-style-type: none"> • Gatorade®, Crystal Light Lemonade®, Pedialyte®, or Powerade® • Coffee or tea (without milk, cream, or non-dairy creamer) • Carbonated or non-carbonated soda • Fruit-flavored drinks • Apple juice, white cranberry juice or white grape juice • Jell-O (gelatin) or popsicles • Broth 	<ul style="list-style-type: none"> • Any red or purple liquids • Alcohol • Milk, cream, or non-dairy creamer • Juice with pulp • Any liquid you cannot see through • Hard candy

**1 day before
your colonoscopy**

Day: _____
(Fill in the day according to the timeline table)



Mix your second dose of MoviPrep® by emptying one Pouch A and one Pouch B into the container. Add lukewarm drinking water to the top line of the container and mix to dissolve.

- If you prefer, you can mix the dose ahead of time and refrigerate it before drinking. The mixed dose must be used within 24 hours.



At 8am, start drinking the prep. The MoviPrep® container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (about 8 ounces), until the full liter container (32 ounces) is empty. This process will take one hour.

- Over the course of the evening, **drink an additional 2 cups of clear liquids** from the table on Page 4.



Mix your third dose of MoviPrep® by emptying one Pouch A and one Pouch B into the container. Add lukewarm drinking water to the top line of the container and mix to dissolve.

- If you prefer, you can mix the dose ahead of time and refrigerate it before drinking. The mixed dose must be used within 24 hours.



Between 5 and 6 pm, start drinking the prep. The MoviPrep® container is divided by 4 marks. Every 15 minutes, drink down to the next mark (about 8 ounces), until the full liter container (32 ounces) is empty. This process will take one hour.

- Over the course of the evening, **drink an additional 2 cups of clear liquids** from the table on Page 4.



Stay near a toilet, as you will have diarrhea.

The day of your colonoscopy	Day: _____ (Fill in the day according to the timeline table)
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Don't eat or drink any solid foods, broth, or Jell-O (gelatin).

5 hours before leaving home for your colonoscopy	Day: _____ (Fill in the day according to the timeline table)
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You may have to wake up early.



Mix your fourth dose of MoviPrep® by emptying one Pouch A and one Pouch B into the container. Add lukewarm drinking water to the top line of the container and mix to dissolve.

- If you prefer, you can mix the dose ahead of time and refrigerate it before drinking.



5 hours before you need to leave for your procedure, drink your final dose of MoviPrep®. The MoviPrep® container is divided by 4 marks. Every 15 minutes, drink down to the next mark (about 8 ounces), until the full liter container (32 ounces) is empty. This process will take 1 hour.

- Next, **drink an additional liter (about 4 cups) of clear liquids within 30 minutes.**



4 hours before your appointment time, take any morning medications you have with a small amount of water (unless you have been told otherwise). If you take diabetes medications, follow your doctor’s instructions.

2 hours before your colonoscopy	Day: _____ (Fill in the day according to the timeline table)
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Stop everything by mouth, including all liquids, smoking, and chewing gum.

How will I know my prep is working?

If you followed all of the instructions, your stool (poop) will be a clear or yellow liquid and you are ready for your colonoscopy.

If your stool is solid, or your preparation is not going as expected, call (734) 936-9250 or toll-free (877) 758-2626.

- After business hours, on weekends, or on holidays, call the paging operator at (734) 936-6267 and ask to speak with the GI doctor on call.

Tips for your colonoscopy prep

- Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.
- Try drinking your MoviPrep® doses with a straw. It may be easier to tolerate.
- Rarely, people may have nausea or vomiting with the prep. If this happens, give yourself a 30 minute break, rinse your mouth or brush your teeth, then continue drinking the prep.

- You may have bowel cramps until the stool has been flushed from your colon (this may take 2 to 4 hours and sometimes much longer).
- Anal skin irritation or hemorrhoid (swollen veins around your rectum and anus) irritation may occur. If this happens, you can use over-the-counter treatments such as hydrocortisone cream, baby wipes, Vaseline®, or Tucks® pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories (medication put into the rectum).

When should I call the call center?

If you have been sick and have had any of the following symptoms within 48 hours of your appointment, please call the call center at (734) 936-9250:

- Fever greater than 100.6 °F
- Productive cough (where your cough is producing phlegm)
- Diarrhea
- Vomiting (that isn't related to taking the bowel prep)

→ Turn the page to learn about the benefits, risks, and alternatives for a colonoscopy

What are the Benefits, Risks, and Alternatives for a Colonoscopy?

Before starting the procedure, a member of our team will ask you to sign a consent form. By signing this form, you are agreeing that we have given you information and you understand the procedure, its benefits and risks, and the alternatives (other options) to a colonoscopy. Read this handout or view the video at: bit.ly/MM-colonoscopy to learn more and give your informed consent.

What is the purpose of a colonoscopy?

A **colonoscopy** is a procedure in which a doctor puts a thin tube with a very small camera into the anus. This allows the doctor to look inside your rectum and colon. Colonoscopies can show irritated and swollen tissue, ulcers, polyps, and cancer.

What are the benefits of a colonoscopy?

Colonoscopy exams can find cancers at earlier stages, and **polyps** (bits of extra tissue) can be found and removed before they develop cancer. This greatly improves the chances for treating colorectal cancer successfully and reduces the chance that a person will die from colorectal cancer.

What are the risks of a colonoscopy?

A study of colonoscopies found that between 4 and 8 people in 10,000 have a serious **complication** (medical problem) after a colonoscopy. Serious complications include:

- Bleeding. Most cases of bleeding occur in patients who have polyps removed. The risk is higher for polyps that are larger than 2 cm.

- A tear or a hole, called a **perforation**, in the colon or rectum wall.
- Infection.
- **Aspiration** (accidentally breathing a substance into your lungs) that may lead to a lung infection (**pneumonia**).
- A reaction to the sedating medication, including breathing or heart problems.

Risks are higher in people taking steroids or blood thinners, or in people that have significant underlying diseases. There is also a risk that cancer or polyps will not be found.

What are the alternatives to a colonoscopy?

There are other tests that may find abnormalities in the colon and rectum. However, a colonoscopy is the only method that allows the doctor to take a tissue sample or remove polyps during the procedure. This reduces the need for additional tests and surgeries.

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