

MOVIPREP BOWEL CLEANSING

This prep will help you prepare for your procedure by cleansing your lower intestinal tract. It is important that you follow and complete all directions carefully to provide the best study results and to avoid having to repeat the procedure.

ONE WEEK BEFORE PROCEDURE

- Fill your prescribed MoviPrep at your pharmacy. If the prescription has not been faxed to them, call Concord Imaging Center at (603) 415-9444.
- Bottles of Tagitol V will be provided by the Concord Imaging Center

TWO DAYS BEFORE PROCEDURE:

- Low fiber diet* (See next page for details).** You may have any liquids today, but do not eat foods high in fiber. If you tend to be constipated, take 2 tbsp of milk of magnesia.
- Dinner:** Take 1st bottle of Tagitol V with meal.

ONE DAY BEFORE PROCEDURE:

- Clear liquid diet* (See next page).** You may only have clear liquids today. No solid food, dairy products or alcohol. Drink at least 4 glasses of liquid throughout the today.
- Breakfast:** Take 2nd bottle of Tagitol V with liquid meal.
- Morning:** Prepare liter of MoviPrep solution. Empty 1 pouch A and 1 pouch B into the 1 liter disposable container. Add lukewarm drinking water to top line of container. Mix to dissolve. Chill in refrigerator to enhance taste.

ONE DAY BEFORE PROCEDURE (continued):

- Lunch:** Take 3rd (last) bottle of Tagitol V with liquid meal.
- 5 PM:** Drink chilled MoviPrep solution. The container is divided by 4 marks. Every 15 minutes, drink the solution down one mark until the entire liter is consumed. Each mark is approximately 8 fl ounce.
- 6 PM:** Prepare another liter of MoviPrep solution with 1 pouch A and 1 pouch B as above. Chill in refrigerator to enhance taste.
- 6:30 PM:** Drink 2nd liter of chilled MoviPrep by drinking one full 8 fl oz glass of the prep every 15 min until the entire liter is consumed.

DAY OF PROCEDURE:

Do not eat solid foods

You may have clear liquids, but only up to 2 hours before your exam. Do not eat or drink during the 2 hours leading up to the exam.

You may take your morning medications with small sips of water unless directed otherwise.

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CIC Horseshoe Pond

Medical Offices at
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***LOW FIBER DIET**

Please avoid foods high in fiber as they may leave residue in your colon. You may have:

- Enriched white bread (no whole wheat, whole grain, oat or multigrain)
- White rice or plain white enriched pasta or noodles
- Cereals with less than 1 g of dietary fiber per serving
- Canned fruits without skins, seeds or membranes (such as canned peaches, pears or fruit cocktail)
- Canned soups without corn or peas (such as chicken noodle or tomato soups)
- Eggs, well cooked turkey, chicken or fish
- Juices without pulp
- Condiments (plain yellow non-grainy mustard, mayonnaise, ketchup)
- Small amounts of margarine, butter or oil for cooking

DO NOT USE:

Whole wheat, whole grain, oats, or multigrain breads; brown or wild rice; raw or dried fruits and vegetables; dried beans, baked beans, peas or corn; flax or any food products containing flax, nuts or seeds; popcorn or any snack food containing corn, nuts or seeds.

***CLEAR LIQUID DIET**

Please do not drink anything colored with red or purple dye! You may have:

- Water
- Juice you can “see through” such as apple and cranberry.
- Coffee, tea or iced tea (no milk or non-dairy creamer)
- Clear broth or bouillon
- Gatorade® or Powerade® (not red or purple)
- Carbonated and non-carbonated soft drinks
- Kool-Aid or other fruit-flavored drinks (not red or purple)
- Strained fruit juices without pulp
- Jell-O (any flavor except red), popsicles (not red or purple), hard candy, Italian ice (not sherbert)
- Fat free chicken or beef broth or bouillon

DO NOT USE:

Dairy products (milk, cream, non-dairy creamers, half and half, etc.); juice with pulp (orange, grapefruit, pineapple, tomato, apricot, etc.); soups such as chicken noodle soups or pasta or tomato. Broths must be clear and “see through” without particles.

***COLON CLEANSING TIPS**

- Chill the prep in the refrigerator. **DO NOT** add ice to the solution or your drinking glass.
- Set a timer every 15 minutes. Drink each 8 oz glass of solution quickly to help flush your colon.
- Stay near a toilet! You will have diarrhea.
- Drink all of the solution until it is gone.
- If you feel nauseous or vomit, rinse your mouth with water; take a 15 to 30-minute break.
- You will be uncomfortable until the stool has flushed from your colon (in about 2 to 4 hours).
- Alcohol-free baby wipes or Vaseline® may help ease skin irritation.
- Use over-the-counter hemorrhoid creams or pads if needed