

OUTPATIENT DEPARTMENT

(361) 275-0508

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The Day Before the Procedure:

VERY IMPORTANT:

You must maintain a clear liquid diet the ENTIRE day (NO SOLID FOOD!) Also, please do not eat any corn, nuts, or food with seeds **5** days before the procedure. Other products to stay away from the day before the procedure are dairy products, orange juice, yogurt, or anything **RED** in color. You may have: Clear Broth (**NO** noodles, meat, or vegetables), clear juice or clear soda such as (apple juice, white grape juice, lemonade, gatorade, ginger ale, 7-UP, water), green or yellow jell-o, popsicles, coffee or tea. (**NO** milk or cream; you may add sugar, honey, or lemon).

Beginning at 6:00 PM the day before the exam:

1. Empty 1 pouch **A** and 1 Pouch **B** into the disposable container. Add Lukewarm drinking water to the top line of the container. Mix to dissolve. Suggestion: Mix solution ahead of time and refrigerate prior to drinking. (You must use the solution within 24 hours.)
2. The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz.), until the full liter is completed.
3. Drink 16 oz. of the clear liquid of your choice (see examples above).
4. Rest for 1 1/2 hours.

Beginning at 8:30 PM the day before the exam:

Repeat steps **1** and **2** ...

Drink only clear liquids until midnight. **Do not eat or drink anything after midnight.** (Including water)

