

ERAS Full Bowel Prep Using Moviprep®

This handout explains the steps you need to follow for your bowel prep as you prepare your bowel for surgery. Please note that “**clear liquid**” means no sediment, no fiber, and no pulp. Clear does not mean colorless.

Clear Liquids

- Water, sparkling water or soda
- Gelatin (no added fruit or topping) homemade from box only
- Popsicles with no pieces of fruit or fruit pulp
- Broth or bouillon
- Crystal Light®
- Juice with no pulp (apple, **no** orange)
- Coffee or tea, no creamer – sugar is ok
- Gatorade® or other clear sports drinks
- No alcohol or dairy products
- Hard candy
- Ensure Clear® 4 pack

The Moviprep® bowel prep has two doses, one liter each. You will drink this prep 1 day before surgery.

The Evening 2 Days Before Surgery

1. Mix Moviprep®. Follow the package instructions.
2. Do not add extra flavors.
3. Keep it cold. It will taste better chilled.

1 Day Before Surgery

1. Drink the prep today. Clear your schedule of other duties for the day. The prep will last most of the day. Stay near a bathroom.
2. Drink only clear liquids all day and up to 2 hours before the surgery.
3. **If you take scheduled medicines, take them at least 1 hour or more before or after drinking the prep. Do not take them while you drink the prep.**
4. Once you have finished the first dose of the prep, mix the second dose and place in refrigerator. You will drink the second dose at noon today.

The Day Before Surgery (7:00 AM/ First Dose)

1. The Moviprep® bottle has 4 marks. Every 15 minutes, drink the prep down to the next mark until it is gone.
2. Expect to have some cramps and liquid stools within 1-6 hours.
3. Stop drinking if you feel sick. Start again as soon as you can at a slower rate.
4. When you finish drinking the prep, drink **16 ounces of a clear liquid**.
5. Mix the second dose of Moviprep® in the same container. Chill.

The Day Before Surgery (Noon/Second Dose)

1. Repeat steps 1-4 above.
2. Finish the prep. Your stool should be watery and clear, with no solids (flecks are ok). The color may be yellow, green, or tan.
3. Drink three bottles of Ensure Clear® today. Save the 4th bottle to drink in the morning.

- Apple juice
- White grape juice
- Water
- Gatorade
- Ensure clear

2. Give yourself a Fleets® enema **at least** one hour before you leave for the hospital.
3. Do the second skin prep for surgery. This is shower #2.

The Afternoon and Evening Before Surgery

1. You will take 2 different antibiotic pills. Follow the antibiotic schedule below. Do not follow the instructions on the pill bottles. Call with questions.
 - **1 hour after you finish the MoviPrep®** - Take the 1st dose of antibiotics.
 - **2 hours later** - Take the 2nd dose of antibiotics.
 - **10:00 PM** - Take the last dose of antibiotics.
2. Do the skin prep for surgery. This is shower #1.

When to Call the Doctor

- If you have questions
- Steady stomach pain
- Light-headed or dizzy
- No bowel movements
- Cannot drink the prep

Important Phone Numbers
Digestive Health Center
608-242-2800
Toll free: 1-855-342-9900

After hours, holidays and weekends ask for the doctor on call of for

Dr._____

The Morning of Surgery

1. 3 hours before surgery, drink the 4th bottle of Ensure Clear (10 oz.). Follow the details the nurse from First Day Surgery gave you. If you can have clear liquids until 2 hours before the surgery, you may have:
 - Black coffee. Sweetener is okay.
 - No creamer

Surgery Clinic - 1 S Park, Madison

Dr. Ray King 1-608-287-2100

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 10/2018 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7641