

Full Bowel Prep Using Moviprep®

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

Evening 2 days before surgery

Before you go to bed, mix Moviprep®. Follow package instructions. No extra flavorings should be added to the Moviprep®. It will taste better chilled

Day before surgery drink only clear liquids. You will drink the prep today. Please note that “**clear liquid**” means no sediment, no fiber, and no pulp. Clear does not mean colorless.

- Water, sparkling water or soda
- Gelatin (no added fruit or topping) homemade from box only
- Popsicles without 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
- Ensure Clear® 4 pack
- Hard candy

The Day before Surgery

Clear your schedule of other duties for today. **If you take medicines, take them at least 1 hour before your prep or at least 1 hour after you are done. Do not take them while you are drinking the prep.** Plan on this part of your bowel prep taking most of the day. Stay near a bathroom. 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. You will drink 3 bottles of Ensure Clear® tonight when you take 3 doses of antibiotics.

The Day before Surgery - 7:00 AM/ First Dose

1. The Moviprep® container is divided by 4 marks. Every 15 minutes, drink the mixture down to the next mark (about 8 ounces) until you drink the full liter.
2. You should begin to have some abdominal cramping and liquid bowel movements within 1-6 hours.
3. Stop drinking if you feel sick to your stomach. 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 of your choice. This will help you stay hydrated and help the prep work better. Continue to drink clear liquids.
5. Prepare the second dose of Moviprep® in the same container. Refrigerate.

The Day before Surgery - Noon/Second Dose

1. Repeat steps 1-4 above.
2. When finished with the prep, your bowel movements should be watery and clear, with no solids (flecks are ok). The color may be yellow, green, or tan.
3. Take your antibiotics following the schedule below: You may drink the 3 bottles of Ensure Clear when you are taking the antibiotics.

The afternoon and evening before surgery you will take the antibiotic pills. Follow the instructions written in the bowel prep instructions given to you instead of what is written on the bottles of medication. Call if the directions and prescription directions do not match and you are unsure how to take the antibiotic tablets

- **3:00 PM-** Take the 1st dose of antibiotics.
- **5:00 PM-** Take the 2nd dose of antibiotics.
- **10:00 PM-** Take the last dose of antibiotics.

Continue to drink clear liquids until bedtime. Skin Prep for Surgery-shower #1.

The Morning of Surgery

- Give yourself a Fleets® phosphate enema at least 1 hour before leaving for the hospital
- Skin Prep for Surgery-shower #2

If the First Day Surgery Nurse says you may drink clear liquids here is the short list of what you can drink:

- Black coffee, sweetener okay
- Apple juice
- White grape juice

- Water
- Gatorade
- Ensure Clear

When to Call the Doctor

- Steady stomach pain
- Light-headed or dizzy
- No bowel movements
- Cannot drink the MoviPrep®

Phone Numbers

Digestive Health Center: (608) 242-2800

Monday– Friday, 8am – 5pm

After hours, weekends or holidays this number will be answered by the paging operator.

Ask for the doctor on call

Dr. _____.

Leave your name and phone number with area code. The doctor will call you back.

If you live out of the area, **call (855) 342-9900.**

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 © 5/2018 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7508