

## Colonoscopy Prep

### Two Day Clear Liquid Diet

Begin clear liquid diet on:

- Juice; apple or clear mixed fruit juice. **No** pulp
- Hot tea/Coffee; black or with sugar. **No** cream or milk
- Jell-O/Gelatin. **No** Red Liquids/Coloring
- Popsicles. **No** Red Liquids/Coloring
- Hard candy
- Broth or Bouillon
- Gatorade, **No** Red Liquids/Coloring
- Clear Carbonated Drinks; Sprite, 7-up, Ginger ale, Slice
- Water; flavored, carbonated, or plain. **No** Red Liquids/Coloring
- No solid food

You are allowed as many clear liquids as you want for the two days. Please increase your water intake to prevent dehydration.

### MoviPrep

This will be prescribed by the surgeon at your pre-op appointment on:

- **First dose begin at 5 PM**, the evening prior to your procedure. Follow the instructions given to you at your pre-op appointment.
- **At Midnight**, stop all oral intake. Do not eat or drink after midnight, except your MoviPrep as below. You may take a sip of water with morning medications as directed by your surgeon and/or anesthesia provider.
- **Second dose begin at three (3) hours before your O.R. arrival time.**