

COLONOSCOPY PREPARATION: SPLIT DOSE INSTRUCTIONS

****PLEASE READ, CHOOSE ONE SELECTION (A-E) AND FOLLOW THESE INSTRUCTIONS , NOT THE PREP BOX INSTRUCTIONS.**

- START FIRST DOSE AT **6PM**. THE EVENING BEFORE YOUR COLONOSCOPY.
- SECOND DOSE TO BE **COMPLETED 4 HOURS** PRIOR TO YOUR PROCEDURE, THE SAME DAY OF YOUR COLONOSCOPY.

A) _____ MOVI PREP (3 LITERS OR APPROXIMATELY 96 OZ OF FLUID WILL BE CONSUMED TOTAL)

-FIRST DOSE: EMPTY POUCH A AND POUCH B INTO THE PROVIDED CONTAINER, FILL THE CONTAINER WITH LUKE WARM WATER TO THE MARK (32 OZ). MIX AND DRINK THE ENTIRE CONTAINER OF PREP SOLUTION OVER THE NEXT 2 HOURS. AFTER THIS, DRINK AN ADDITIONAL TWO 8 OZ GLASSES OF WATER OR CLEAR BEVERAGE OVER THE NEXT 1 HOUR. ALL OF THIS IS TO BE DONE ON **THE EVENING PRIOR** TO COLONOSCOPY.

- SECOND DOSE: **ON THE DAY OF YOUR COLONOSCOPY**, EMPTY POUCH A AND POUCH B INTO THE PROVIDED CONTAINER, FILL THE CONTAINER WITH LUKE WARM WATER TO THE MARK (32 OZ). MIX AND DRINK THE ENTIRE CONTAINER OF PREP OVER THE NEXT ONE HOUR. AFTER THIS, DRINK AN ADDITIONAL TWO 8 OZ GLASSES OF WATER OR CLEAR BEVERAGE OVER THE NEXT 30 MINUTES, **THIS MUST ALL BE COMPLETED 4 HOURS PRIOR** TO YOUR COLONOSCOPY ON THE **SAME DAY** OF YOUR PROCEDURE.

B) _____ SU PREP (3 LITERS OR APPROXIMATELY 96 OZ OF FLUID WILL BE CONSUMED TOTAL)

-FIRST DOSE: POUR ONE 6 OZ BOTTLE OF SUPREP LIQUID INTO THE MIXING CONTAINER, FILL THE CONTAINER WITH WATER TO THE 16 OZ MARK, MIX AND DRINK THE ENTIRE CONTAINER OVER 1 HOUR. DRINK TWO MORE 16 OZ CONTAINERS OF WATER OR CLEAR

BEVERAGE OVER THE NEXT TWO TO THREE HOURS. THIS IS DONE **ON THE EVENING PRIOR** TO THE COLONOSCOPY.

-SECOND DOSE: POUR ONE 6 OZ BOTTLE OF SUPREP LIQUID INTO THE MIXING CONTAINER, FILL THE CONTAINER WITH WATER TO THE 16 OZ MARK, MIX AND DRINK OVER 1 HOUR. DRINK TWO MORE 16 OZ CONTAINERS OF WATER OVER THE NEXT 1-2 HOURS. THIS NEEDS TO BE COMPLETED 4 HOURS PRIOR TO YOUR COLONOSCOPY ON THE **SAME DAY** OF YOUR COLONOSCOPY.

C) _____ PREPOPIK (2.3 LITERS OF FLUID OR APPROXIMATELY 74 OZ).

-FIRST DOSE: POUR THE CONTENTS OF ONE PACKET INTO A CUP OF WATER FILLED TO THE 5 OZ MARK ON THE PROVIDED CUP. STIR FOR 2 MINUTES UNTIL DISSOLVED AND THEN DRINK THE SOLUTION, WAIT ½ HOUR AND THEN DRINK 5 MORE (8 OZ) GLASSES OF WATER OR OTHER CLEAR BEVERAGE WITHIN THE NEXT 4 HOURS ON **THE EVENING PRIOR** TO YOUR COLONOSCOPY.

-SECOND DOSE: **ON THE DAY OF YOUR COLONOSCOPY**, POUR THE CONTENTS OF ONE PACKET INTO A CUP OF WATER FILLED TO THE 5 OZ MARK ON THE PROVIDED CUP. STIR FOR 2 MINUTES UNTIL DISSOLVED AND THEN DRINK THE SOLUTION. WAIT ½ HOUR AND DRINK THREE MORE 8 OZ. GLASSES OF WATER OVER 1-2 HOURS. THIS NEEDS TO BE **COMPLETED 4 HOURS PRIOR** TO YOUR COLONOSCOPY ON THE **SAME DAY** OF YOUR PROCEDURE.

D) _____ NULYTELY, GOLYTELY, PEG 3350 AND DULCOLAX TABS (3.25 LITERS OR 104 OZ TOTAL)

- FIRST DOSE: TAKE 2 DULCOLAX 5 MG TABLETS (BISACODYL) WITH 8 OZ OF WATER. THEN FILL THE PREP CONTAINER WITH WATER, MIX AND THEN DRINK 8 OZ. OF PREP SOLUTION APPROXIMATELY EVERY 15-30 MINS X EIGHT GLASSES. THIS WILL BE 64 OZ OVER 3-4 HOURS, AND IS DONE **ON THE EVENING BEFORE YOUR PROCEDURE.** AFTER THIS, PUT THE CONTAINER, WHICH SHOULD NOW HAVE 2 LITERS OF SOLUTION REMAINING, INTO THE REFRIGERATOR.

- SECOND DOSE: REMOVE THE REMAINING PREP CONTAINER FROM YOUR REFRIGERATOR, FILL A GLASS/CUP WITH 8 OZ. OF PREP AND DRINK 8 OZ OF PREP

SOLUTION APPROXIMATELY EVERY 15-30 MINS X FOUR GLASSES. THIS WILL BE 32 OZ OVER 2 HOURS (OR ½ OF THE REMAINING SOLUTION). THIS NEEDS TO BE **COMPLETED 4 HOURS PRIOR** TO YOUR COLONOSCOPY ON THE **SAME DAY** OF YOUR PROCEDURE.

- PLEASE NOTE THAT THIS PREP (D) MAY BE THE LEAST COSTLY PREP. YOU WILL ONLY BE DRINKING 3 LITERS OF THE 4 LITER CONTAINER OF NULYTELY THAT WAS PRESCRIBED. IF YOUR INSURANCE DOES NOT COVER MOVIPREP (A), SUPREP (B) OR PREPOPIK (C) YOU CAN TAKE THIS EFFECTIVE PREP.