

# **ADVANCED GASTROENTEROLOGICAL ASSOCIATES**

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## **Colonoscopy Preparation**

**You must follow a clear liquid diet ALL DAY before procedure until midnight**

<b>Food Group</b>	<b>Food Allowed</b>
Fruits juices	Apple and white grape juices
Beverages	Tea, clears carbonated sodas, Gatorade, Kool-Aid (none with red or purple dye) Strained lemonade, water.
Coffee	One cup (black). NO MILK OR CREAMER
Soups	Clear broth, bouillon
Dessert/Sweets	Popsicles, flavored ices, flavored gelatin, hard candy (none with red dye).
Seasoning	Salt, lemon juice

## **Moviprep (Prescription)**

**On the day before the procedure:**

Beginning at **3:00** p.m.:

- Empty one pouch A and one pouch B into the disposable container. Add lukewarm drinking water to the top line of the container. Mix to dissolve.
- The disposable container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 fl. Oz.), until the full liter is complete.
- Then, drink 16 oz of the clear liquid of your choice.

Beginning at **9:00** p.m.:

- Repeat the same steps one more time until you finish at 10:00 p.m.

If you have any questions feel free to call our office at 407-566-0700. If you experience vomiting, stop drinking the preparation for 20-30 minutes then restart and finish the remainder of the preparation. If you are unable to finish the remainder of the bowel preparation due to vomiting, call the office.