

NORTHERN VIRGINIA GASTROINTESTINAL ASSOCIATES, LTD.
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TWO-DAY COLON PREP USING MOVI PREP & MAG CITRATE

You will need to go to your pharmacy and purchase **two 10 oz bottles** (green label) of **Magnesium Citrate** over the counter, then go to the pharmacist to pick up your prescription **Movi Bowel Prep Kit**.

DAY ONE:

Upon waking two days before your scheduled colonoscopy, you will begin your liquid diet. You may have water, clear juices, coffee, tea, broth, ginger ale, sprite, 7-up, Popsicles and Jell-O. **NO RED OR PURPLE.** Be sure to drink lots of fluids throughout the day so that you will not become dehydrated.

That morning, fill the Movi Bowel Prep Kit with water to the fill line, add the first prep packets plus one tube of Crystal Light lemonade for flavor, mix well and place in the refrigerator.

At 7:00 pm that evening you will begin drinking the Movi Prep Solution. Drink one 8 oz glass every 10-15 minutes **TOTALING FOUR GLASSES.** Now take the container and refill with water to the fill line and add the second prep packets plus one tube of Crystal Light lemonade for flavor, mix well and place in refrigerator.

DAY TWO:

At 7:00 am the next morning, you will finish the Movi Prep Solution. Drink one 8 oz glass every 10-15 minutes until the solution is gone. You will need to continue to drink lots of fluids throughout the day.

At 7:00 pm that evening, you will drink one bottle of Magnesium Citrate followed by 8 oz of clear liquids. Continue to drink liquids throughout the evening.

MORNING OF PROCEDURE:

At 6:00 am the next morning, you will drink the second bottle of Magnesium Citrate followed by 8 oz of clear liquids. **DO NOT DRINK ANY MORE LIQUIDS AFTER THIS POINT.**

Please report ONE HOUR prior to your procedure time.

Please arrange for someone to drive you home after the procedure.

There is a **\$250.00 LATE CANCELLATION FEE** for procedures not cancelled at least **SEVEN (7) DAYS** prior to your procedure date. Your insurance will not cover this fee, you are responsible for payment. If you must cancel, do not call the facility where your procedure is scheduled **call our office at 703-876-0437.**