



## COLONOSCOPY PREPARATION WITH MOVIPREP

You are scheduled to have a colonoscopy, which requires a thorough cleansing of the colon prior to the procedure. You will be given a prescription for Moviprep. You will need to pick up your prescription at least two days prior to your colonoscopy. The process will require that you follow the instructions listed carefully. If you have any problems or questions, please call our office at (602) 995-0822.

- Begin a CLEAR LIQUID DIET ONLY STARTING THE DAY BEFORE YOUR PROCEDURE – For breakfast, lunch and dinner you may drink only clear liquids: Gatorade, tea, black coffee, apple juice, white grape juice, clear pop, clear broth, popsicles, plain jello and water. NO SOLID FOODS CAN BE CONSUMED UNTIL AFTER YOUR COLONOSCOPY.
- If you are starting your bowel preparation in the evening, try to consume at least 2 liters of clear liquids throughout the day before starting MoviPrep solution.
- Take the first dose of MoviPrep at \_\_\_\_\_
- SEE THE INSTRUCTIONS ON THE REVERSE SIDE OF THIS PAGE.
- Take the second dose of MoviPrep at \_\_\_\_\_ SEE THE INSTRUCTIONS ON THE REVERSE SIDE OF THIS PAGE.
- Do not eat or drink anything beginning 8 hours prior to your scheduled colonoscopy.

The bowel preparation will cause you to have diarrhea – your goal is clear “stools” with little or no particulate matter.

DO NOT SKIP IMPORTANT MEDICATIONS! If you normally take your medications in the morning, do so with a small sip of water.

DO NOT TAKE ASPIRIN, FISH OIL, VITAMIN E, OR BLOOD THINNERS (COUMADIN, PLAVIX) FOR 7 DAYS BEFORE YOUR COLONOSCOPY UNLESS YOU HAVE CLEARED THIS WITH YOUR SURGEON OR YOUR PROCEDURE WILL BE CANCELLED.

Because of the anesthetics that you will be given, **you must arrange to be accompanied and driven home by a friend or relative after your colonoscopy.** Plan to be at the facility for at least 2 hours. You must arrive one hour prior to the scheduled time. You cannot drive or make legal decisions for the remainder of the day.

If you are scheduled for a “SCREENING COLONOSCOPY” and the doctor finds/biopsies/removes polyps, your colonoscopy will be billed as a “DIAGNOSTIC COLONOSCOPY”. This may result in a higher patient out-of-pocket expense, depending on your insurance.

**If the doctor takes a biopsy** during the exam, we will call you with the results. If you have not heard from our office within one week, please call us.

If you have any questions or concerns you may call the office at (602) 995-0822. After hours, the office message will refer you to the on-call doctor.



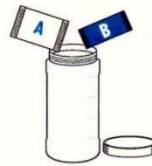
## Patient Instructions—Evening-Before Regimen

The MoviPrep carton contains 4 pouches and a disposable container for mixing. You must complete the entire prep to ensure the most effective cleansing.

Beginning at: \_\_\_\_\_

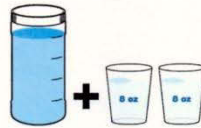
### STEP 1 MIX FIRST DOSE

- Empty 1 Pouch A and 1 Pouch B into the disposable container
  - Add lukewarm drinking water to the top line of the container. Mix to dissolve
- If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.*



### STEP 2 DRINK FIRST DOSE

- The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz), until the full liter is consumed
- Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep



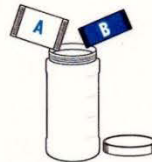
**Clear liquids include water, ginger ale, apple juice, Gatorade<sup>®</sup>, lemonade, and broth. No red or purple liquids**

**Ask your doctor if you have any questions about whether a particular drink is acceptable.**

Beginning at: \_\_\_\_\_

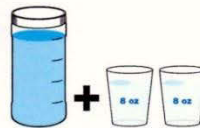
### STEP 3 MIX SECOND DOSE

- Empty 1 Pouch A and 1 Pouch B into the disposable container
  - Add lukewarm drinking water to the top line of the container. Mix to dissolve
- If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.*



### STEP 4 DRINK SECOND DOSE

- The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz), until the full liter is consumed
- Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep



A colonoscopy prep causes the body to lose a significant amount of fluid and can result in sickness due to dehydration. It's important that you prepare your body by drinking extra clear liquids before the prep. Stay hydrated by drinking all required clear liquids during the prep. Replenish your system by drinking clear liquids after returning home from your colonoscopy.

If you have any questions, please call our office at \_\_\_\_\_.

\*Gatorade is a registered trademark of Stokely-Van Camp, Inc. Chicago, IL.

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## MoviPrep

(PEG-3350, Sodium Sulfate, Sodium Chloride, Potassium Chloride, Sodium Ascorbate and Ascorbic Acid for Oral Solution)

Low-Volume Prep.  
 High-Volume Efficacy.

Rx only