

MoviPrep® Bowel Prep Kit

Instructions for Colonoscopy Prep

READ INSTRUCTIONS CAREFULLY - AT LEAST 5 DAYS PRIOR TO PROCEDURE
DO NOT EXCEED RECOMMENDED DOSE AS SERIOUS SIDE EFFECTS MAY OCCUR

Your physician will provide you with a prescription and you will need to obtain your MoviPrep® kit from your pharmacy.

Note: Individual responses to laxatives vary. This prep should cause multiple bowel movements. It often works within 30 minutes but may take up to 3 hours. **Please remain within easy reach of a toilet.**

MANUFACTURERS INSTRUCTIONS MAY DIFFER, PLEASE FOLLOW THE INSTRUCTIONS BELOW.

» Multiple bowel movements may irritate the anal areas, clean thoroughly after each bowel movement to reduce irritation

A diaper rash ointment may be used, if desired. However, do not wear ointment to appointment.

» Contact Kayla, at physician's office, if you take prescription blood thinners at home .

» Discontinue any fiber supplements (Metamucil, Citrucel, Fibercon, etc.) at least five (5) days prior to your procedure.

» If you take narcotics, or suffer from chronic constipation, please take Miralax twice a day for five days prior to procedure.

» Do not take iron pills for three days prior to colonoscopy.

DAY BEFORE COLONOSCOPY

1) Drink only "clear liquids" this entire day. **Solid foods, milk or milk products are not allowed.**

Consume at least 2 liters of clear liquids. Clear liquids include, but are not limited to:

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|---|-------------------------------------|
| » Slush, Icee, popsicle (no red colors) | » Water |
| » Clear broth, bouillon or clear soup (no noodles) | » Coffee, tea (no creamer or milk) |
| » Gatorade, Kool-Aid, other fruit flavored drinks (no reds) | » Carbonated & non-carbonated sodas |
| » Strained fruit juices without pulp (apple, white grape, lemonade) | » <u>Clear Ensure</u> |
| » Plain jello (no reds) without fruit or toppings | » Ice |

2) Take your usual medications, except blood thinners.

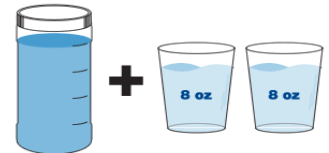
3) At 6:00 PM, mix the first dose (if preferred, may mix ahead of time and refrigerate):

- » 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.
- » Some people prefer to drink with a straw



4) Drink the first dose:

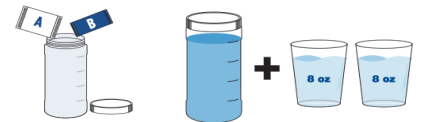
- » The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approx. 8 oz) until the full liter is consumed.
 - » After all of the solution is consumed, drink 16 oz of the clear liquid of your choice.
- This is necessary to ensure adequate hydration and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



DAY OF EXAMINATION

1) **FOUR (4) HOURS BEFORE** leaving for your scheduled appointment repeat steps 3 & 4 above:

- » Empty second pouch A and second pouch B into the disposable container
- » Add lukewarm drinking water to the top line of the container. Mix to dissolve.
- » The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approx. 8 oz) until the full liter is consumed.
- » After all of the solution is consumed, drink 16 oz of the clear liquid of your choice. This is necessary to ensure adequate hydration and an effective laxative prep. You should be finished one hour after starting your prep.



2) After drinking the solution and following with 16 oz of clear liquid, **do not drink anything else prior to your examination.**

3) **Take heart and blood pressure medication as normal. Do NOT take diuretics. Consult with prescribing physician about diabetic medications.**

4) Arrive at your scheduled time. The average length of stay is approximately 2 hours.

Note: The laxative prep is intended to evacuate your colon. Ideally, your bowel movements prior to leaving for your procedure should be fairly clear. You should be able to see the bottom of the toilet. Mucous, sediment and color tint are normal. If bowel movements are dark or have substance, please give yourself one or two Fleets® enemas or call office for additional instructions.