

COLONOSCOPY PREPARATION MOVI PREP

Colonoscopy is a routine, generally safe, pain-free procedure used to examine the colon. These are the steps that you must take before the procedure to ensure the highest level of safety and effectiveness. We know it is inconvenient, but a clean colon will lead to an efficiently and safely performed colonoscopy that will lead to good gastrointestinal health. The cost of this FDA approved prep will range from \$30 to \$65 depending on your insurance coverage, co-pay and ability to use discount coupons.

Please follow these instructions-not the ones on the MoviPrep Box

For this preparation you will need:

1. MoviPrep (picked up from you pharmacy) Follow the instructions given to you by Digestive Health Specialists. This prep is time sensitive and requires you to follow the directions exactly.

The day before your Colonoscopy: (NO SOLID FOOD)

Early in the morning, mix your first liter of MoviPrep according to the instructions on the reverse side of this page and put in the refrigerator to chill

Drink only clear liquids throughout the day.

You may not have any solid or soft food. Milk and other dairy products are not allowed.

NO red or purple liquids.

Clear liquids are those you can “see through”

Examples include:

- | | |
|---|---|
| ❖ Water | ❖ Jell-O |
| ❖ Apple Juice | ❖ Ice popsicles |
| ❖ White cranberry juice | ❖ Black coffee (No creamer or milk) |
| ❖ White grape juice | ❖ Hard candies |
| ❖ Tea (no milk or cream) | ❖ Carbonated Soda |
| ❖ Clear broth or bouillon | ❖ Sports drink (Gatorade, Vitamin Water, Power Ade, etc.) |
| ❖ Ginger Ale | |
| ❖ Lemon Lime soda | |
| ❖ Lemonade (no pulp) | |
| ❖ Kool-Aid or other fruit flavored drinks | |

At 6:00pm you will drink the first dose of your colon prep. (See reverse side for detailed instructions) Remember you are to continue consuming clear liquids throughout your preparation process. **This can continue until 3 hours before your procedure.**

Before you go to sleep, mix up the second liter of MoviPrep and put it in the refrigerator.

The day of your Colonoscopy:

Today you will drink the second liter of the MoviPrep. You should have prepared this before bed last night. (If you didn't, just prepare it now, and put over ice) You may be getting up very, very early to drink this last liter. (See other side for detailed time and instruction)

*****Reminder***** You must follow these instructions to achieve the best results for you and your Doctor. Failure to do so may result in cancellation of your procedure or you may have to repeat the procedure at a later date.

COLONOSCOPY INSTRUCTIONS USING MOVIPREP

MoviPrep is a laxative that cleans out your colon before a colonoscopy. The **MoviPrep** kit contains 2 packages and a mixing container. Each package contains 1 pouch A and 1 pouch B. Following the instructions below, you will use all 4 pouches to complete your prep. **You must complete the entire prep to ensure the most effective cleansing.**

It is important that you follow your physician's instructions regarding consumption of clear liquids before your colonoscopy. You must not drink anything, including your prep 3 hours prior to your procedure time.

INSTRUCTIONS FOR MIXING YOUR MOVIPREP SOLUTION

1. Empty 1 pouch A and 1 pouch B into the disposable container.
2. Add lukewarm water to the top line of the container. Mix to dissolve. If you prefer, the solution can be refrigerated before drinking. The solution should be used within 24 hours.

Steps 1 and 2

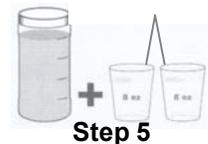


FIRST DOSING REGIMEN Date _____ Start time 6:00 PM

3. The **MoviPrep** container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 ounces), until the full liter is complete. You may start going to the bathroom after only a couple of glasses, but be sure to drink **ALL** of the solution.
4. Drink an additional 16 ounces of the acceptable clear liquid of your choice. You may consume this liquid while drinking your prep. This is a necessary step to ensure adequate hydration and an effective prep.
5. Prepare the second container of **MoviPrep** by repeating steps 1 and 2 and put it in the refrigerator to chill for the early morning.

Steps 3 and 4

16 ounces



Step 5



SECOND DOSING REGIMEN Date _____ Start time _____ AM/PM

6. The **MoviPrep** container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 ounces), until the full liter is complete.
7. Drink an additional 16 ounces of the acceptable clear liquid of your choice. You may start going to the bathroom after only a couple of glasses, but be sure to drink **ALL** of the solution.
8. **Make an effort to drink additional clear liquids until _____ AM/PM. At that point, it is important that you do not consume anything until after your colonoscopy.**

Steps 6 and 7

16 ounces



You must complete the entire prep to ensure the most effective cleansing.

PLEASE READ:

- DO NOT take any Medications within 1 hour of starting to drink the solution**
- Chills, Nausea, Cramping & Abdominal Fullness are typical side effects of the prep.
 - If you are having difficulty drinking the prep because of these symptoms-take a break from drinking, walk around, and resume drinking the prep. If you are on your morning dose-you must finish drinking 3 hours before you procedure time.
 - If you have problems completing your prep or you are still passing brown fluid after completing your prep, **please contact the office 480-563-5757.**

TIPS & TRICKS :

- Use wet wipes and Vaseline/Desitin to ease the discomfort.
- Put your prep over ice and use a straw to drink it
- Use ginger-ale, lemon/lime wedges or any clear liquid in between the prep to make it more enjoyable.
- Suck on hard candies
- Remind your self you are doing this for you own health
- Once your procedure is over you can eat!

******Remember- No liquids (including prep) 3 hours before your procedure******