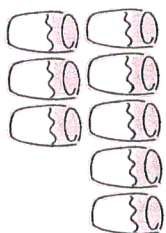
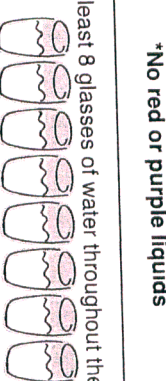


MoviPrep®

You are scheduled for a colonoscopy, a procedure in which a doctor examines the lining of your large intestine by looking through a flexible tube called a colonoscope. If growths or other abnormalities are found during the procedure, the doctor may remove the abnormal tissue for closer examination or biopsy.

Review the preparation schedule below for the days preceding your colonoscopy. Should you need further assistance please call

1 Week Prior	3 Days Prior	2 Days Prior	1 Day Prior and Day of Procedure
<p>✓ Go to pharmacy & fill your prescription for MoviPrep. Please call our office if you did not receive a prescription.</p> <p>✓ Arrange for a responsible adult to drive you home. If you do not have an adult escort your procedure will be cancelled and rescheduled.</p> <p>✓ Do you take fiber supplements or medications containing iron? If you do, please discontinue 7 days before your appointment. This includes multi-vitamins with iron.</p> <p>✓ Do you have diabetes? If you do, please ask your regular doctor for diet and medication instructions.</p> <p>✓ Do you take a medication to thin your blood? Please call our scheduling office if not already discussed. Aspirin may be continued.</p> <p>✓ Pregnant or think you may be? Bowel cleansing products have not been researched / tested on pregnant women. Please discuss risks / benefits of this procedure with your ordering physician.</p>	<p>Begin Low Fiber Diet</p> <p>No raw fruits or vegetables No whole wheat or high fiber No nuts or popcorn No Metamucil, Fibercon, bran or bulking agents.</p> <p>✓ Stop consuming all high fiber foods. A low-fiber diet can be found on next page (or back of this page).</p> <p>✓ Last chance to cancel appointment. Please call our office if you need to reschedule your appointment.</p>	<p>✓ Drink at least 8 glasses of water throughout the day.</p>  <p>✓ No solid foods after midnight.</p> <p>✓ Fill out enclosed Health History form. Bring this form with you to the appointment.</p>	<p>1 Day Prior: Begin Clear Liquid Diet</p> <p>Water, clear broth or bouillon, coffee or tea (without milk or non-dairy creamer), Gatorade, Pedialyte, carbonated & non-carbonated soft drinks, Kool-Aid or other fruit-flavored drinks, strained fruit juices (no pulp), Jell-O, popsicles and hard candy.</p> <p>*No red or purple liquids</p> <p>✓ One Day Prior: Drink at least 8 glasses of water throughout the day.</p>  <p>MoviPrep Instructions:</p> <p>* You may mix the solution ahead of time and refrigerate prior to drinking. The solution once mixed must be used within 24 hours.</p> <ul style="list-style-type: none"> • Empty 1 pouch A and 1 pouch B into the disposal container. • Add lukewarm drinking water to the top line of the container. Mix to dissolve. <p>☐ AM / Morning Procedure</p> <p>Starting at 5:30 PM the evening before your procedure</p> <ul style="list-style-type: none"> • 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. <p>Starting at 7:45 PM:</p> <ul style="list-style-type: none"> • Repeat and drink second liter (8 ounces every 15 minutes) <p>Over the course of the evening, drink an additional 1 liter (32 ounces) of clear liquid. It is OK to drink water up until 4 hours before your procedure.</p> <p>☐ PM / Afternoon Procedure:</p> <p>Starting at 5:30 PM the evening before your procedure:</p> <ul style="list-style-type: none"> • 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. <p>Over the course of the evening, drink an additional half liter (16 ounces) of clear liquid.</p> <p>Starting at 8:00 AM the morning of your procedure</p> <ul style="list-style-type: none"> • Drink 8 ounces every 15 minutes until 1 liter (32 ounce) container is completed. • Drink an additional half liter (16 ounces) of clear liquid. It is OK to drink water up until 4 hours before your procedure.

Note: Oral laxatives may cause mild cramping, bloating or nausea. Always stay near a toilet when using laxatives.

While taking MoviPrep if you experience nausea or vomiting; rinse your mouth with water, take a 15 to 30 minute break and then continue drinking the prep solution.