

Colonoscopy Preparation Utilizing MoviPrep™

Warnings:

- ✓ Please inform this office in advance if you have congestive heart failure, kidney failure, chronic constipation, or have had an inadequate bowel preparation during a previous colonoscopy.

Purchase:

- ✓ One **MoviPrep™** Bowel Prep Kit. Bring the doctor's prescription that came with these instructions to your pharmacy at least **2** days before your colonoscopy appointment.
- ✓ A container of **Tucks™** Wipes (over the counter, optional)

What to do with your daily medications before your colonoscopy:

If you take any “blood thinners” such as Coumadin, Warfarin, Prasugrel or Plavix you must consult with your cardiologist or primary care physician **BEFORE** discontinuing these medications as instructed below. This is extremely important, especially if you take any of these medications for treatment of heart disease or stroke. If your primary care physician has instructed to continue any of these medications, you must advise NYGA on the day of your procedure.

7 days before your procedure:

- ✓ Stop Plavix (clopidigrel) unless otherwise instructed (see above).

3 days before procedure:

- ✓ Stop Coumadin (warfarin) unless otherwise instructed (see above).
- ✓ Stop any iron supplements.
- ✓ Avoid eating seeds or any foods containing seeds (such as grapes, berries, nuts, etc).

* Avoidance of “blood thinners” is designed to minimize the risk of serious bleeding if a polyp is removed

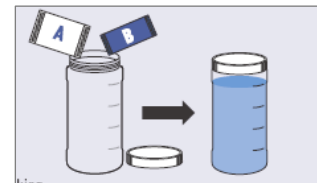
If you are **diabetic**, check with your primary care physician about taking your diabetes medication the morning of your colonoscopy. Call your prescribing physician if you have questions about what to do with other medications during the preparation period.

Otherwise, take your daily medications with a sip of water the morning of your procedure.

Following the restricted diet below helps ensure a thorough examination of the colon!

On the day before your colonoscopy:

- ✓ In the morning: Prepare your MoviPrep solution
 - Empty **1 pouch of A and 1 pouch of B** into the disposable container
 - Add lukewarm water to the top line of the container.
 - Mix to dissolve.
 - Refrigerate.
- ✓ Eat a regular breakfast the morning of the **day before your colonoscopy** – this will be the last time you will eat solid food until after your procedure.
- ✓ **At 12 noon the day before your colonoscopy, begin a clear liquid diet.**
 - Black coffee (no milk or cream), plain tea (no milk or cream), soft drinks, sports drinks (e.g. Gatorade), strained fruit juices (no pulp), water, clear juice, bouillon/broths, popsicles, and Jell-O are clear liquids.

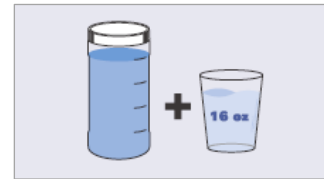


On the day before your colonoscopy (continued)

- You may have lemon sorbet up until 8 hours prior to the procedure. **Do not eat any dairy products or solid food after 12 noon the day prior to your procedure.**
- No liquids that are red or blue.
- No alcohol.
- You should consume at least 64 ounces (2 quarts) of liquid during the day prior to your colonoscopy.

The evening before your procedure (6-7:00 PM):

- ✓ **STEP 1** The MoviPrep container is divided by four marks. Every 15 minutes, drink the solution down to the next mark (Approximately 8 ounces), until the full liter is complete.
- ✓ **STEP 2** Drink 16 ounces of the 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.



TIPS:

- If you experience nausea, bloating or vomiting, you may increase the time interval between eight ounce glasses.
- In certain instances, you may not have bowel movements after completing STEP 1. **This is normal.** Proceed to **STEP 2** and you should start to pass bowel movements.
- ✓ Continue drinking clear liquids until bedtime. Prepare the second container of MoviPrep and refrigerate. (Empty the remaining pouch A and pouch B in the container, add lukewarm water to the top line of the container. Mix to dissolve. Refrigerate.)

Morning of your procedure:

- ✓ 6 hours before your procedure repeat steps 1 and 2. Continue drinking clear liquids up to 2 hours before your procedure.
- ✓ Do not drink anything for at least 2 hours prior to your scheduled appointment time.

Dosing Schedule for your Appointment

Date: _____ Time: _____

Start liquid diet (NO Solid food until after your colonoscopy)	Date: _____ Time: 12:00 PM
Take first dose of MoviPrep	Date: _____ Time: _____
Take second dose of MoviPrep	Date: _____ Time: _____
Do not drink anything after	Date: _____ Time: _____

General information: Please arrive at least 15 minutes before your appointment to complete any necessary paperwork. Your stay at the office will be 1 to 2 hours. After colonoscopy, you may resume most normal activities (except driving and vigorous exercise) and a normal diet, unless otherwise instructed.

Note: YOU MUST HAVE AN ESCORT TO ACCOMPANY YOU HOME FOLLOWING YOUR PROCEDURE

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