

MOVI-PREP® BOWEL PREP

PLEASE READ THE PREP INSTRUCTIONS NOW TO KNOW THE STEPS

WELL AHEAD OF THE PROCEDURE DATE.

Mid-Atlantic EndoCenter,
4923 Ogletown-Stanton Road, Suite 100,
Newark, 302-993-0310

Glasgow Medical Center, 2nd Floor,
2600 Glasgow Avenue, Newark
302-836-8350

Christiana Hospital GI Lab, Station 5,
4755 Ogletown Stanton Rd.
Newark, 302-733-1400

Wilmington Hospital GI Lab, 7th floor
501 W 14th St, Wilmington DE
302-428-2817

Your colonoscopy is scheduled at the _____

on _____ / _____. You should plan on arriving by _____ AM / PM, for an
appointment at _____ AM / PM.

A Colonoscopy is a test that examines the inside of your large intestines or the Colon. The most common reason for a colonoscopy is to look for colon polyps or Colon cancer. Before a colonoscopy can be performed, you must take medications for a complete Bowel Cleansing. Your colon must be completely empty for the colonoscopy to be thorough and safe. While a colonoscopy is generally safe, risks include bleeding, perforation (puncture in the bowel of the colon), and risk of sedation. A colonoscopy is the best method (95%) to find and remove polyps.

Preparation:

It is important to follow the preparation directions in order, step by step, do not deviate from this unless advised otherwise by Mid-Atlantic G.I Consultants. If you encounter any problems during your preparation period, please contact our APEX office immediately at 302-225-2380.

Please inform us before you schedule the procedure: if you have an internal defibrillator, latex allergy, take antibiotics for dental procedures, are on home oxygen, take COUMADIN, PLAVIX.

Medications:

You need to stop blood thinners including COUMADIN, PLAVIX or ASPIRIN 7 days prior to the procedure after getting permission from your PCP or Cardiologist. Avoid ASPIRIN or similar drugs (see list below) for at least 7 days prior to your procedure. TYLENOL is allowed. Do not take any medication containing iron or iron supplements. Otherwise, all other medications may be taken as directed unless otherwise stated by our office. (Aspirin, bufferin, ecotrin, alleve, naprosyn, motrin, ibuprofen, sulindac or any other NSAID need to be stopped for 7 days prior to the procedure)

Diabetic Patients:

Hold your diabetic medication the morning of the test. Use sugar free drinks for liquids (like crystal light) during the prep (to avoid increase in blood sugar) and monitor your blood sugar closely to prevent low blood sugar.

Companion/Transportation:

Because you will be sedated for this procedure, it is necessary for you to have a responsible companion who will remain in the waiting room of the surgical facility during your procedure. You are not permitted to drive a vehicle or use public transportation to and from the facility.

Cancellations:

We request, should the need arise that you must cancel your procedure, please contact our office at 302-225-2380 NO LESS THAN 48 HOURS prior to your scheduled appointment.

Movi Prep®: BOWEL PREPARATION INSTRUCTIONS

- **Purchase at the Pharmacy:** Take your MOVI-PREP® prescription to your local pharmacy a few days prior to your procedure to be filled. Refrigerate the MOVIPREP solution a day before the test after reconstituting the contents as described at the bottom of this instruction sheet. Drinking it chilled gives a better taste.
- **7 Days Prior to the Procedure:** Avoid eating seeds, nuts, corn, and any other form of roughage (lettuce, vegetables, bran cereals, etc.) or fiber. **Do Not Take METAMUCIL or CITRUCEL.**
- **Clear Liquids:** It is important that large volumes of clear liquids be consumed the day before your procedure up to midnight to avoid dehydration. **Do not eat or drink after midnight before the procedure.** Except for the liquid required for your bowel preparation. You may use a topical ointment such as Preparation H, or Anusol to avoid irritation.
- **BREAKFAST DAY BEFORE PROCEDURE**
May include any of the following items:
 - **Do not eat any solid foods**
 - Any clear liquid - examples are:
 - *Soft drinks* - Ginger Ale, Sprite, 7 Up, Gatorade, and Kool-Aid **NO RED OR PURPLE DYES.**
 - *strained fruit juice without pulp* - apple juice, white grape juice, lemonade
 - *Water, tea, or coffee* - **NO MILK OR NON-DAIRY CREAMER,** sweeteners are permissible.
 - *soups* -low sodium chicken or beef bouillon/broth
 - *Desserts* - hard candies, Jell-O (lemon or lime) **NO FRUIT TOPPINGS,** Popsicle **NO SHERBETS OR FRUIT BARS.**
- **LUNCH DAY BEFORE PROCEDURE**
You may drink all of the clear liquids you would like. No solid food until after your Colonoscopy is performed.
- **DINNER DAY BEFORE PROCEDURE**
You may drink all of the clear liquids you would like. No solid food until after your Colonoscopy is performed.
- **6:00 PM DAY BEFORE EXAM - FIRST DOSING REGIMEN**
 1. Start your 1st dose/liter of the MOVI-PREP LIQUID.
 2. Recommended to drink it chilled (refrigerated) for better taste.
 2. Every 15 minutes drink a full 8 oz. glass of MOVI PREP liquid until 1st liter is consumed. (SEE ATTACHED INSTRUCTION SHEET)
 4. You may use a straw if you prefer, however you need to consume 8 oz every 15 minutes.
 5. Drink 16 oz of clear liquid of your choice. This is necessary to ensure adequate hydration and an effective prep.

DAY OF EXAM - SECOND DOSING REGIMEN

1. Start your 2nd liter of the MOVI-PREP **6 HOURS** before your scheduled procedure time.
2. Every 15 minutes drink a full 8 oz. glass of MOVI-PREP liquid until 2nd liter is consumed. (SEE ATTACHED INSTRUCTION SHEET)
3. Recommended to drink it chilled (refrigerated) for better taste.
4. You may use a straw if you prefer, however you need to consume 8 oz every 15 minutes.
5. Drink 16 oz of clear liquid of your choice in the next 1 hour.
6. Don't drink any liquids during the last 4 hours prior to the test. Otherwise anesthesia may cancel the procedure.

No solid food or drink or gum/candy until after your Colonoscopy.

Mid-Atlantic G.I Consultants can only alter this preparation.

If you encounter any difficulties during this preparation, please contact our office immediately at 302-225-2380.

Patient Instructions— Split-Dose Regimen

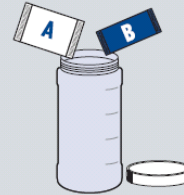
The MoviPrep carton contains 4 pouches and a disposable container for mixing. You must complete the entire prep to ensure the most effective cleansing.

The evening before your colonoscopy beginning at: _____

STEP 1
MIX
FIRST
DOSE

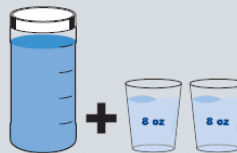
- Empty 1 Pouch A and 1 Pouch B into the disposable container
- Add lukewarm drinking water to the top line of the container. Mix to dissolve

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[®], lemonade, and broth. No red or purple liquids

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

The morning of your colonoscopy 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

