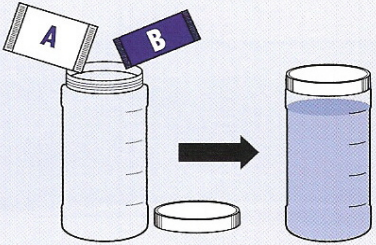
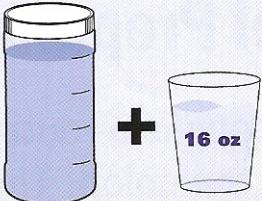


## Colonoscopy Prep – MoviPrep

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Timeline	What you need to do	Comments
7 days before procedure	<ul style="list-style-type: none"> <li>❑ Arrange for a responsible adult to come with you into the facility on the day of your procedure to listen to your discharge instructions and drive you home. You may NOT take a cab or public transportation. You will not be allowed to drive until the day following your procedure.</li> <li>❑ <b><u>IF YOU TAKE BLOOD THINNER PRODUCTS:</u></b> follow the instructions for your blood thinner products as you were directed by your physician.</li> <li>❑ <b><u>IF YOU TAKE INSULIN PRODUCTS OR ORAL DIABETES PILLS:</u></b> Contact your physician to obtain specific directions for dosages on the day before and day of your procedure.</li> </ul>	<ul style="list-style-type: none"> <li>• You may take Tylenol® if necessary.</li> <li>• For your safety, your procedure will be cancelled if you do not bring a driver with you.</li> </ul>
3-5 days before procedure	<ul style="list-style-type: none"> <li>❑ Purchase the following from your pharmacy or drug store:               <ul style="list-style-type: none"> <li>○ One MoviPrep® kit (prescription enclosed in your packet).</li> </ul> <p style="text-align: center;"><b><u>***PLEASE FOLLOW THESE INSTRUCTIONS RATHER THAN THOSE ON THE BOX.</u></b></p> </li> <li>❑ Avoid eating: Seeds, Nuts, and Corn.</li> </ul>	
1 day before procedure	<ul style="list-style-type: none"> <li>❑ Drink <b>ONLY</b> clear liquids (DO NOT drink or eat anything that is <b>RED, BLUE, or PURPLE</b>) for BREAKFAST, LUNCH, and DINNER as listed below:               <ul style="list-style-type: none"> <li>○ Chicken or beef bouillon/broth</li> <li>○ Black coffee or tea without cream</li> <li>○ Pulp-free fruit juices (apple, white grape)</li> <li>○ Sport drinks like clear Gatorade®</li> <li>○ Clear Jello® (no red, blue, or purple)</li> <li>○ Clear sodas (Sprite®, 7Up®, ginger ale)</li> </ul> </li> </ul>	<p><b>NO SOLID FOODS, milk, or milk products are allowed on this day and until after your procedure.</b></p>
	<p><b>STEP 1</b></p> <ul style="list-style-type: none"> <li>■ Empty 1 Pouch A and 1 Pouch B into the disposable container</li> <li>■ Add lukewarm drinking water to the top line of the container. Mix to dissolve</li> </ul> <p style="font-size: small;">If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.</p>	
<p>1 day before the procedure at 5:00 p.m</p> <p>Drink 1<sup>st</sup> dose (see step 2)</p>	<p><b>STEP 2</b></p> <ul style="list-style-type: none"> <li>■ 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 complete</li> <li>■ Drink 16 oz of the clear liquid of your choice</li> </ul>	

	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Repeat Step 1</b> by mixing the second liter of MoviPrep solution and place in refrigerator to chill if desired for next morning dose.</li> <li><input type="checkbox"/> Take your daily meds as usual.</li> </ul>	
<p style="text-align: center;"><b>Day of procedure 5 hours before scheduled procedure time</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Drink 2<sup>nd</sup> container of prep solution:</b> Repeat Step 2 above with refrigerated prep solution <b>5 hours before your procedure.</b> Drink the second liter of MoviPrep solution over approximately an hour (8oz. every 15 minutes</li> <li><input type="checkbox"/> Drink 16 oz of the clear liquid of your choice immediately following the prep solution.</li> <li><input type="checkbox"/> Take your usual medications (especially heart and blood pressure medications) <b>up to 4 hours prior to the procedure.</b> It is OK to take aspirin up to and including the day of the procedure up to 4 hours prior to your procedure. <b>Follow specific directions given by your physician regarding insulin, oral diabetes pills, and blood thinners.</b></li> <li><input type="checkbox"/> <b>DO NOT drink or eat anything for 4 hours before your procedure including NO gum, mints, or candy. (**Please disregard manufacturer's instructions that allow drinking up to 1 hour prior to procedure.)</b></li> </ul>	<p>See next page Remain close to toilet facilities. You may use baby wipes or A&amp;D ointment to alleviate any discomfort from your prep.</p> <hr/> <p><b>Please call us at 970-297-6303 if you have not had any bowel movements by the morning of your procedure.</b></p> <p>Your bowel movements will turn watery and, toward the end of the prep, will appear yellow or clear. If the bowel movement IS NOT YELLOW OR CLEAR, notify the pre-op nurse when you arrive at the facility.</p>
<p><b>Appointment time</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Arrive at your appointment time with your responsible adult companion (see above).</li> </ul>	<p>For your safety, your procedure will be cancelled if you do not have a ride home arranged.</p>