

MoviPrep © Colonoscopy Preparation – SPLIT DOSE REGIMEN

Please read these entire colonoscopy prep instructions at least one week before your colonoscopy appointment. If you have questions, please call our office.

DATE: _____ / _____ / _____ TIME: _____ AM PM

LOCATION: ____ Advanced Endoscopy Center, 5500 Broadway, Bronx, NY 10463
OTHER: _____

PLEASE ARRIVE THIRTY (30) MINUTES PRIOR TO YOUR APPOINTMENT TIME. Please notify our office 48 hours prior to your procedure if you need to change or cancel your appointment (718-549-3636 OR 718-543-ENDO).

For your colonoscopy to be successful, your colon must be completely clean. The instructions should be followed exactly as written (unless the doctor advises you otherwise). If the preparation is not done properly, the test may not be complete. If you have any questions regarding the preparation, please contact our office (718-543-3636).

Regular pacemakers are NOT a problem; however, if you have an implanted defibrillator (ICD), please make sure your procedure is scheduled to be performed at the hospital so it can be turned off, if necessary, during the procedure

Since you will be receiving sedation for your procedure, you must have a responsible adult to escort you home after your procedure. **IF YOU DO NOT MAKE THIS ARRANGEMENT, THE DOCTOR CANNOT PERFORM THE PROCEDURE.**

Some insurance companies require a co-pay for this procedure. You may want to check with your insurance carrier regarding this matter.

5 DAYS BEFORE THE COLONOSCOPY; PLEASE REVIEW ALL OF THESE INSTRUCTIONS

IF YOU ARE TAKING BLOOD THINNERS OR ANTI-PLATELET MEDICATIONS, THEN ASK THE DOCTOR FOR INSTRUCTIONS. These medications include Plavix (clopidogrel), Aggrenox (aspirin/dipyridamole), Pradaxa (dabigatran), Eliquis (apixaban), Lovenox (enoxaparin), Fragmin (dalteparin), Xarelto (rivaroxaban), _Coumadin (warfarin) and others.

- DO NOT TAKE IRON SUPPLEMENTS OR VITAMINS CONTAINING IRON STARTING 5 DAYS PRIOR TO YOUR COLONOSCOPY APPOINTMENT (These include ferrous sulfate, ferrous fumarate and ferrous gluconate)
- All OTHER medications SHOULD BE CONTINUED unless your doctor has instructed you otherwise.
- Bring the prescription for the preparation to your pharmacy & purchase the preparation plus four (4) Dulcolax tablets (unless you were already given these tablets by our office). DO NOT MIX THE PREPARATION UNTIL THE DAY BEFORE THE PROCEDURE.

2 DAYS BEFORE THE COLONOSCOPY:

- If you are usually constipated, take three tablespoons of Milk of Magnesia at 8:00 PM.

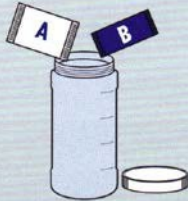
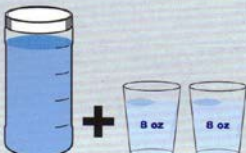
THE DAY BEFORE THE COLONOSCOPY:

- If you are a diabetic, please review the special instructions for diabetics
- You may have a light breakfast (which may include coffee, eggs, white bread, juice & low fiber cereal (like Rice Krispies), followed by **ONLY CLEAR LIQUIDS** for the remainder of the day. Clear liquids include: **Soft drinks:** Soda, Gatorade, lemonade, limeade & Kool-Aid; **fruit juices without pulp:** apple, white grape, orange, white cranberry, water, tea, and coffee (NO milk or non-dairy creamer), **Desserts:** Italian ices, popsicles, Jell-O (except no red Jell-O) and hard candy. You may have low sodium chicken or beef bouillon broth (**NO VEGETABLES**). Drink plenty of fluids
- **STARTING at 7PM** the night before your procedure, empty 1 POUCH A and 1 POUCH B into the MoviPrep © container. Add lukewarm drinking water to the top line of the container and mix to dissolve. After mixing, you can place in your refrigerator until the liquid has cooled.

The MoviPrep © container has 4 markings. **Every 15 minutes, drink the solution down to the next marking (approximately 8 ounces), until the full liter is complete.** Finally, drink an **ADDITIONAL 16 OUNCES** of a clear liquid of your choice. You can gauge this by filling your MoviPrep container half way.

- **YOU MAY CONTINUE TO DRINK CLEAR LIQUIDS UNTIL TWO (2) HOURS BEFORE YOUR PROCEDURE. (See diagram below)**

The evening before your colonoscopy beginning at: _____

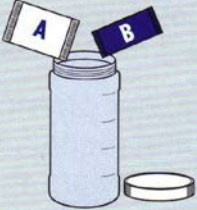
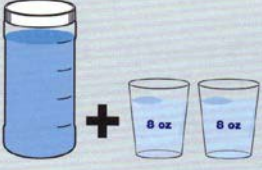
STEP 1 MIX FIRST DOSE	<ul style="list-style-type: none">■ Empty 1 Pouch A and 1 Pouch B into the disposable container■ Add lukewarm drinking water to the top line of the container. Mix to dissolve <p><small>If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.</small></p>	
STEP 2 DRINK FIRST DOSE	<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 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	 <p>Clear liquids include water, ginger ale, apple juice, Gatorade**, lemonade, and broth. No red or purple liquids</p> <p>Ask your doctor if you have any questions about whether a particular drink is acceptable.</p>

THE DAY OF YOUR APPOINTMENT:

STARTING 4 HOURS PRIOR TO YOUR PROCEDURE BEGIN YOUR SECOND DOSE OF MOVIPREP BY FOLLOWING THE SAME PROCEDURE AS ABOVE (See diagram below).

- If you cannot finish the whole preparation or if your bowel movements are still solid or partially solid then please call the office for additional instructions.
- **TAKE ALL OF YOUR REGULAR MEDICATIONS (except diabetic medicine or blood thinners) with sips of water unless your doctor has instructed you otherwise.**
- **IMPORTANT: Please bring a list of all of your medications OR the medications themselves with you on the day of your test.**

The morning of your colonoscopy beginning at: _____

STEP 3 MIX SECOND DOSE	<ul style="list-style-type: none">■ 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 <p>If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.</p>	
STEP 4 DRINK SECOND DOSE	<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 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	

HINTS:

- You may drink the preparation through a straw.
- You may take sugar-free candy or ice pops (not red) between glasses of the preparation.
- If you develop severe discomfort or distention (bloating), stop drinking the solution or drink more slowly until the discomfort improves.
- If you develop nausea, wait 15 to 30 minutes until the nausea improves and then resume drinking the preparation.
- Remain close to toilet facilities

AFTER THE PROCEDURE:

- You will be monitored until fully awake.
- You will receive discharge paperwork with follow up instructions.
- You may have some abdominal bloating and gas after the procedure. It should resolve within a few hours.
- You may eat your usual diet after the procedure, unless advised otherwise.
- **If you have rectal bleeding or severe pain after the procedure, please contact the office immediately.**
- **REMINDER: YOU MUST HAVE A RESPONSIBLE ADULT TO ACCOMPANY YOU HOME. YOU CANNOT DRIVE A VEHICLE FOR THE REST OF THE DAY AFTER THE COLONOSCOPY. WE ADVISE YOU TO TAKE THE ENTIRE DAY OFF FROM WORK.**