

- Four days prior to your 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:
 - One boiled or poached egg or small portion of skinless chicken, turkey, or fish.
 - White toast, **NO BUTTER**
 - One 8oz. can of Ensure, **Do not take Ensure Plus.**
 - 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,** Popsicles **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.

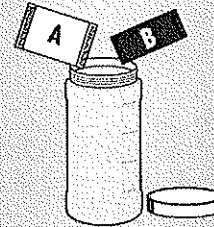
Patient Instructions — Split-Dose Regimen

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: **7:00 P.M.**

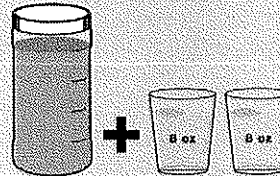
STEP 1 MIX FIRST DOSE

- 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: **5 1/2 HRS PRIOR TO PROCEDURE APPT**

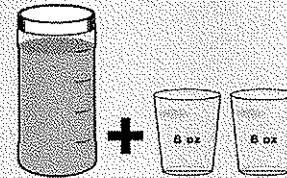
STEP 3 MIX SECOND DOSE

- 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



A colonoscopy prep causes the body to lose a significant amount of fluid and can result in sickness due to dehydration. It's important that you prepare your body by drinking extra clear liquids before the prep. Stay hydrated by drinking all required clear liquids during the prep. Replenish your system by drinking clear liquids after returning home from your colonoscopy.

If you have any questions, please call our office at **302.832.1545**

MoviPrep
(PEG-3350, Sodium Sulfate, Sodium Chloride, Potassium Chloride, Sodium Ascorbate and Ascorbic Acid for Oral Solution)

Rx only

Low-Volume Prep.
High-Volume Efficacy.



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OFFICE INFORMATION

Procedure date:

Arrival time:

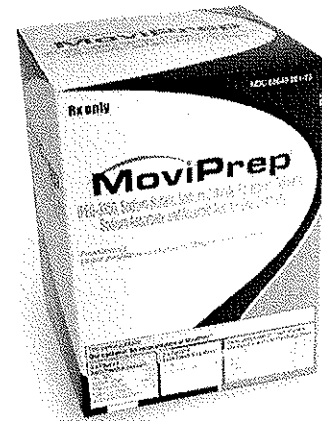
Location:

Split-Dose Regimen

Bowel Preparation for Colonoscopy With MoviPrep

Colonoscopy is a routine, generally safe procedure used to examine the colon. There are steps that you, the patient, must take before the procedure to ensure the highest level of safety and effectiveness.

- ① Make arrangements to have someone drive you home after the procedure
 - Colonoscopy involves sedation, and you will not be allowed to leave unaccompanied
- ② Follow your physician's instructions regarding medicines to avoid and diet to follow before your procedure
- ③ Finish the entire bowel prep regimen as described on the following page



MoviPrep is available at most retail pharmacy outlets. If your pharmacy does not have MoviPrep in stock, it can be ordered and delivered within 24 hours.

Information for your pharmacist: NDC 65649-201-75

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Sodium Ascorbate and Ascorbic Acid for Oral Solution)
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Low-Volume Prep.
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SAFETY CONSIDERATIONS

MoviPrep[®] (PEG-3350, sodium sulfate, sodium chloride, potassium chloride, sodium ascorbate and ascorbic acid for oral solution) is indicated for cleansing of the colon as a preparation for colonoscopy in adults 18 years of age or older. MoviPrep is contraindicated in patients who have had a severe hypersensitivity reaction to any of its components. MoviPrep should be used with caution in patients using concomitant medications that increase the risk of electrolyte abnormalities, in patients with known or suspected hyponatremia, severe ulcerative colitis, ileus, gastrointestinal obstruction or perforation, gastric retention, toxic colitis, toxic megacolon, or glucose-6-phosphate dehydrogenase deficiency. In clinical trials, abdominal distention, anal discomfort, thirst, nausea, and abdominal pain were the most common adverse reactions to MoviPrep administration. MoviPrep contains a maximum of 2.33 mg of phenylalanine per treatment.

Please see accompanying full Prescribing Information for MoviPrep.