



Colonoscopy Prep Instructions - Moviprep

(Please also see bowel prep instructions - attached)

**** There will be instructions on the prescription box that you get from the pharmacy, please do not use those instructions. Please use these instructions that we provide to you. ****

7 Days prior to the exam (unless otherwise instructed) stop taking the following:

Ticlid ~ Plavix ~ Aggrenox ~ Effient

5 Days prior to the exam (unless otherwise instructed) stop taking the following:

Coumadin ~ Iron Supplements ~ Metamucil/Other Fiber Supplements ~ Products That Contain Olestra

2 Days prior to the exam (unless otherwise instructed) stop taking the following:

Pradaxa (Debigatran Etexilate) ~ Xarelto ~ Eliquis

**** If you forget to discontinue any of these medications, please call our office Monday-Friday from the hours of 8:00 a.m.-12:00 p.m., 1:00 p.m.-5:00 p.m. or let the nurse know when you arrive for your procedure. It is not necessary to call after normal business hours ****

****If you are diabetic****

- Take ½ of your usual dose of diabetic medication or insulin in the morning on the day prior to the exam (your prep day).
- Do not take your evening dose of diabetic medication or insulin on the day prior to the exam.
- Do not take any diabetic medication or insulin on the morning of your exam.
- If you usually do accucheck readings at home, please do one in the morning prior to coming to your appointment on the day of your exam.

2 Days prior to your procedure: date: _____

- Drink at least eight 8-ounce glasses of water during the day.
- Take a dose of miralax in the evening to ensure a good prep. It should not give you diarrhea or interfere with your daily activities. *(You can get miralax from your local drug store or obtain a complimentary packet from our office at 1331 W. Ave. J, Ste. 202, Lancaster, CA 93534).*

The day prior to your procedure: date: _____

- Drink only clear liquids the entire day. Your preparation will work better if you drink extra fluids all day, so drink fluids starting first thing in the morning. *(Note: if you are on fluid restrictions, please let us know).*
- Drink an 8 ounce glass every hour at minimum *(it is important that you drink plenty of liquids to ensure that the laxative will work).*

Things you may have:

Apple Juice ~ White Grape Juice ~ Clear Broth ~ Boullion ~ Jello ~ Popsicles ~ Water ~ Black Coffee ~ Tea ~ Hi-C ~ Gatorade ~ Lemonade ~ Iced Tea ~ Soda ~ Kool-Aid

Things you may not have:

Solid Foods ~ Juices With Pulp ~ Alcoholic Beverages ~ Milk ~ Milk Products ~ Caffeine (Limit 3 Per Day) ~ Items That Are Red Or Purple

Night before your procedure: date: _____

At 6pm, mix the MoviPrep by emptying one pouch A and once pouch B into the container. Add luke warm water to the top line of the container and mix. You can premix the solution and store it in the refrigerator but must use it within 24 hours. The Movi-Prep container is divided by four marks. Drink the solution down to the next mark every 15 minutes until it is gone, followed by 16 ounces of clear liquids.

Morning of your procedure: date: _____

On the day of your colonoscopy, at least four hours prior to your arrival time including drive time, prepare and drink another dose of MoviPrep followed by 16 ounces of clear liquids.

Continue to drink clear liquids until _____. Your stools should be clear or yellow, so that you can see through to the bottom of the toilet following a bowel movement. If you are having stools that are brown or contain pieces, call our office at 661-529-7550.

***Take medications 2 hours away from drinking laxative**

***You may take heart, blood pressure, seizure, anti-rejection, anti-anxiety/depression medication the morning of your procedure. Any medications you feel should not be missed, please call the office to check. When you come in, let the nurse know what medications you have taken that day.**

1. If you use inhalers, please bring them with you.
2. You must have a driver due to sedation you will receive. You will not be able to drive or work until the next day.
3. Wear loose comfortable clothes, you may feel bloated after the procedure.

Date of procedure _____ Arrival Time _____

**** The time that we give you is the arrival time, the procedure will be roughly one hour after you arrive ****

**** PLAN TO BE HERE HALF THE DAY ****

Procedure Location: 1753 W. Ave. J, Ste. A, Lancaster, CA 93534

Follow up office visit: _____

If you have any questions or concerns, please call our office at 661-529-7550.

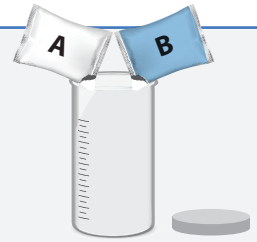
Office hours are Monday-Friday from 8:00 a.m.-12:00 p.m., 1:00 p.m.-5:00 p.m. with phones answered 24 hours per day for emergencies.

Please notify your insurance carrier of your upcoming outpatient procedure so you are aware of your benefits

Patient Instructions—Evening Before 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.

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.

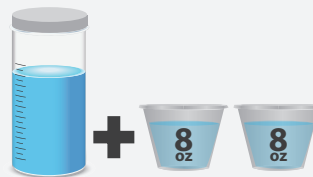
If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.

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.

Beginning at: _____

STEP 1

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.

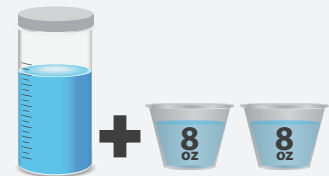
If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.

STEP 2

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 _____



*Gatorade is a registered trademark of Stokely-Van Camp Inc. Chicago, IL.
website: www.salix.com 1700 Perimeter Park Drive, Morrisville, NC 27560 Tel • 866-669-SLXP(7597)
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MoviPrep

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

www.MoviPrep.com



gciav.com

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