

LITTLE ROCK DIAGNOSTIC CLINIC

10001 Lile Drive, Little Rock, AR 72205

501-227-8000

Dr. Terence Angtuaco

COLONOSCOPY INSTRUCTIONS

Important things to know:

1. 5 days before the procedure **DO NOT TAKE** the following: aspirin, ibuprofen, Aleve, salsalate, Celebrex, iron or iron-containing supplements, vitamin E or vitamin E-containing supplements, Warfarin (Coumadin), Plavix or any medications that are considered blood thinners.
2. 24 hours before the procedure **DO NOT TAKE** the following: fiber supplements such as Metamucil, Konsyl, Fibersure, Benefiber, or Fibercon.
3. If you have any chronic medical conditions that require continuous medications, please ask your doctor before stopping these medications.
4. If you take necessary medications such as blood pressure medications, please take them with only a sip of water first thing in the morning; otherwise, please wait to take all other morning medications until after your procedure.
5. **YOU MUST BRING A DRIVER WITH YOU. ALL PATIENTS WILL BE SEDATED AND IF NO ONE COMES WITH YOU TO DRIVE YOU HOME, THE PROCEDURE CANNOT BE PERFORMED AND WILL BE RESCHEDULED.**
6. Colon preparation affects everyone differently so you may want to bring an extra set of clothes and a towel with you in case of accidents, especially if traveling a long distance.

PREPARATION INSTRUCTIONS

The day before the procedure:

1. Clear liquids only, **NO SOLID FOODS.**
2. Drink at least three 8-ounce portions of clear liquids during the day. You may drink more if desired.
3. **DO NOT** eat or drink anything after midnight.
4. **DO NOT** eat or drink anything before the procedure on the day of the exam. You may go back to your normal diet after the procedure.

CLEAR LIQUID DIET

Clear liquids are any liquid that you can see through. Examples include the following:


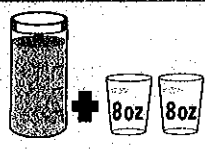

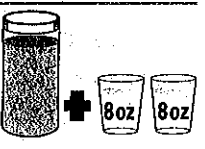
- Water
- Tea (can add sugar or sweetener)
- Gatorade
- Soft drinks (any kind)
- Clear fruit juice
- Kool-Aid
- White grape juice
- Popsicles
- Apple Juice
- Jell-O
- Lemonade
- Bouillon cubes dissolved in water
- Black coffee (can add sugar or sweetener)

DO NOT DRINK: Milk or mild products, vegetable juices with pulp, or liquids that are colored red or purple.

You may call 501-221-5824 and the nurse will address any questions or concerns that you may have.

Patient Instructions

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 <u>3 pm</u>		
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. 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	<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. Ask your doctor if you have any questions about whether a particular drink is acceptable.</p> <p><small>*Gatorade is a registered trademark of Stokely-Van Camp, Inc, Chicago, IL.</small></p>	
Beginning at <u>7 pm</u>		
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. 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	<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. Ask your doctor if you have any questions about whether a particular drink is acceptable.</p> <p><small>*Gatorade is a registered trademark of Stokely-Van Camp, Inc, Chicago, IL.</small></p>	

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 _____.

Important Safety Information about MOVIPREP (cont)

If you are pregnant or planning to become pregnant, talk to your doctor before taking MOVIPREP.


In clinical studies with MOVIPREP, the most common side effects for split dosing were malaise (feeling uneasy), nausea, stomach (abdominal) pain, vomiting, and upper stomach pain. The most common side effects for evening only dosing were stomach swelling (abdominal distension), anal discomfort, thirst, nausea, stomach (abdominal) pain, sleep disorder, rigors (body shakes), hunger, malaise (feeling uneasy), vomiting, and dizziness.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch/ or call 1-800-FDA-1088.

For product information, adverse event reports, and product complaint reports, please contact:

Salix Product Information Call Center
 Phone: 1-800-508-0024
 Fax: 1-510-595-8183
 Email: salix@medcomsol.com

Please see complete Prescribing Information for MOVIPREP at www.MoviPrep.com.

Salix  Website: www.salix.com 8510 Colonnade Center Drive, Raleigh, NC 27615 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