



DIGESTIVE HEALTH ASSOCIATES
PROFESSIONAL CORPORATION

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Extended Colon Cleanse Preparation for Colonoscopy
With MoviPrep®

Please read these instructions at least three days before your scheduled colonoscopy.

You will be given a sedative for this procedure, and will not be able to drive until the following day. **YOU MUST ARRANGE IN ADVANCE FOR SOMEONE TO DRIVE YOU HOME.**

The purpose of the prep is to cleanse your colon. A clean colon is necessary for us to provide a safe, comfortable and accurate examination. **Failure to perform your colon cleanse properly could result in the doctor having to stop the procedure without completing it, leading to the additional costs and inconvenience of a repeat procedure.** Please don't hesitate to call us if you have any questions.

At least three days before your procedure: Take the attached prescription to your pharmacy. In addition to getting your prescription filled, **also purchase one bottle of magnesium citrate.**

Two days before your procedure: Avoid foods containing seeds or fibrous skins (such as tomatoes, corn, lettuce, cucumbers, fruits) until your examination has been completed. Begin clear liquid diet at 5 PM. At 6:30 PM, drink the entire bottle of magnesium citrate. Continue clear liquid diet.

One day before your procedure:

Continue clear liquid diet only.

The MoviPrep® carton contains 4 pouches and a disposable container for mixing. You must complete the entire prep to ensure the most effective cleansing.

Part 1: Beginning at 6:00 PM, empty 1 Pouch A and 1 Pouch B into the disposable container. Add lukewarm drinking water to the top line of the container and mix to dissolve. The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 ounces) until you have completed the full liter of solution. After you have finished drinking the full liter of solution, drink at least 16 ounces of one of clear liquids (water, soda or clear juice such as cranberry or apple).

You may feel bloated and nauseated as you drink. Some individuals may vomit. These side effects are temporary, and most individuals can successfully complete the prep. Within an hour or so of starting, most individuals will begin having bowel movements that will progress to clear yellow diarrhea.

The day of your examination:

Part 2: Four hours prior to your arrival time, take any necessary medications, and repeat the procedure described above in Part 1 with the second set of pouches enclosed with your prep kit.

Morning Procedures: Do not eat or drink anything after completing your prep.

Afternoon Procedures: You may continue to drink clear liquids up until 2 hours before your arrival time.