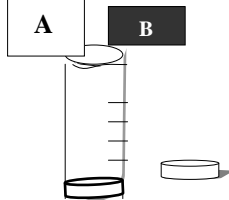
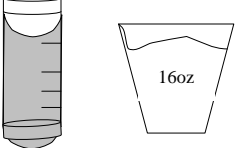
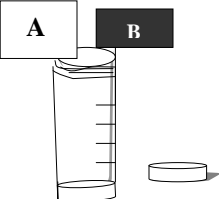
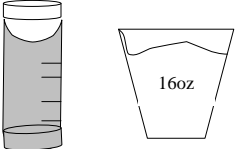


Moviprep™ - Patient Preparation Instructions for Colonoscopy

FIVE DAYS BEFORE YOUR EXAM DO NOT EAT ANY NUTS, SEEDS, POPCORN OR CORN.

On the day **before** the exam, _____, you may have **clear liquids only**. YOU MAY NOT HAVE ANY SOLID OR CREAM FOODS BEGINNING THE DAY BEFORE YOUR EXAM.

Beginning at 2 PM		
Step 1	Take one 10 oz bottle of citrate of magnesia.	
Beginning at 5 PM		
Step 2 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><u>If preferred, you may mix the solution ahead of time and refrigerate. The solution must be used within 24 hours.</u></p>	
Step 3 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 clear liquids. This is a necessary step to ensure that you are hydrated and the prep is effective. 	
Beginning at 7 PM		
Step 4 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><u>If preferred, you may mix the solution ahead of time and refrigerate. The solution must be used within 24 hours.</u></p>	
Step 5 Mix 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 clear liquids. This is a necessary step to ensure that you are hydrated and the prep is effective. 	

What's considered a "clear liquid"? A clear liquid is any beverage you can see through. Please avoid red or purple colored liquids. Sugar, sweetener and lemon are allowed. No cream, milk or pulpy juices are permitted.

- | | | | | |
|--------------|-----------|----------------|----------------------|------------|
| Fruit juices | popsicle | Powerade | broth(beef, chicken) | Pedialyte |
| coffee/tea | Gatorade | Jell-O (plain) | sugar/honey,sweetner | hard candy |
| 7-Up, Sprite | Kool-aid® | lemonade | water | |

To help prevent dehydration, it is important to drink plenty of clear liquids before, during, and after the colon-prep process. **We recommend that you have at least 20 oz of Gatorade during the preparation period.**

If your ARRIVAL time is **before NOON**, you must have nothing to eat or drink after midnight.

If your ARRIVAL time is **after NOON** you may have clear liquids until 8am on the day of your exam.

You must take your Heart, breathing and blood pressure medications with a few sips of water.