

# Your Colonoscopy Prep Guide



Not only is preparing for a colonoscopy crucial to a successful procedure, it is your responsibility to ensure that you complete the prep as instructed by your physician. We created this guide to help steer you through the process and help you know what to expect.

## Complete your prep as instructed by your doctor

Solid matter can block your doctor's view of the walls of your colon—potentially resulting in missed lesions or polyps, which can grow into cancer if they are not removed. When you complete your colonoscopy prep as instructed, you give your doctor a better chance to see the walls of your colon.

## Stay hydrated

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, and replenish your system by drinking clear liquids after returning home from your colonoscopy.

## Clear liquids

A clear liquid is any beverage you can see through that doesn't contain red or purple colors or pulp. While some alcoholic drinks are clear, you want to steer clear of alcohol because it increases the likelihood of dehydration. Some acceptable clear liquids include, but are not limited to

- Water
- Clear soup
- Fruit juice without pulp
- Soft drinks
- Tea or coffee without milk

### IMPORTANT NOTE:

Avoid any red or purple liquid, such as cranberry juice or grape juice, as the coloring can interfere with the results of your exam. Also avoid milk, dairy products, and nondairy coffee creamer. Check with your doctor for a list of acceptable clear liquids.

## Stock your bathroom with plenty of entertainment and comfort

There's no use denying it—within a short time from when you start your prep, you will be going to the bathroom a lot. A whole lot. So you might as well get ready to stay in one place for a while. We recommend stocking up on the following items:

- Books
- Magazines
- Crossword puzzles and brain teasers (like the ones provided in this guide)
- Handheld games
- A personal DVD player
- Soft wipes (buying these might seem embarrassing, but you'll be glad you did)
- A nightlight (just in case you need to visit the bathroom late at night)

## What to expect during the prep

During your colonoscopy prep, you may experience some minor side effects, including nausea, bloating, and abdominal distention. These side effects call for holding off on the prep for a bit, then trying to restart after the symptoms pass. If you can't restart, call your doctor for recommendations.

If you experience less common side effects, such as dizziness, fever, severe headaches, or anything else that is unexpected and concerns you, seek medical attention immediately.

## Additional tips to make your prep more tolerable

- After you mix your prep solution, chill it in the refrigerator for a few hours before drinking (drink within 24 hours of mixing)
- Try drinking your prep solution with a straw. Bypassing the taste buds in the front of your mouth may make the taste more tolerable
- Stock up on hard candies and popsicles (no red or purple) to enjoy between bowel prep doses

## Stay positive

We realize that the colonoscopy prep may not be the most glamorous process. But remember, when you get a colonoscopy, you are taking a proactive step toward prevention or early detection of colorectal cancer.

# MoviPrep Instructions



The time of your procedure will dictate when you should take your doses. It is important that you properly mix the solution, take your doses when instructed by your doctor, and complete the entire prep to ensure the most effective cleansing. Ultimately, you should always follow your doctor's colonoscopy prep instructions.

## How to take MoviPrep

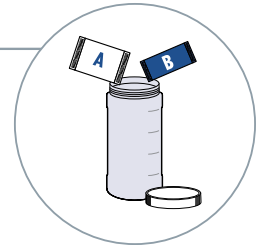
Each MoviPrep kit contains a disposable container, 2 pouches labeled A, and 2 pouches labeled B. You must complete the entire prep to ensure the most effective cleansing.

### STEP 1 | MIX THE FIRST DOSE

At the time instructed by your doctor

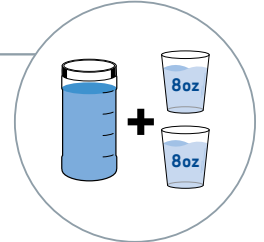
- Empty 1 pouch A and 1 pouch B into the disposable container
- Add lukewarm drinking water to the top line of the container. Mix to dissolve

**If preferred, mix solution ahead of time and refrigerate prior to drinking.** The reconstituted solution should be used within 24 hours. Some people prefer to drink MoviPrep with a straw.



### STEP 2 | DRINK THE 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

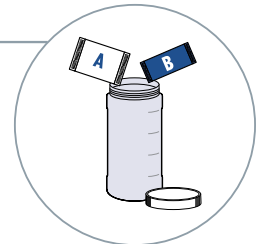


### STEP 3 | MIX THE SECOND DOSE

At the time instructed by your doctor

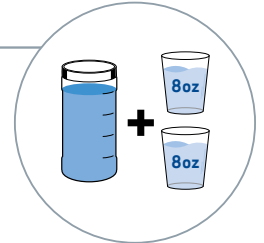
- Empty 1 pouch A and 1 pouch B into the disposable container
- Add lukewarm drinking water to the top line of the container. Mix to dissolve

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



### STEP 4 | DRINK THE 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



## Important Safety Information about MOVIPREP

**MOVIPREP® (PEG-3350, sodium sulfate, sodium chloride, potassium chloride, sodium ascorbate and ascorbic acid for oral solution) is an osmotic laxative indicated for cleansing of the colon as a preparation for colonoscopy in adults 18 years of age or older.** MOVIPREP is contraindicated in patients with gastrointestinal (GI) obstruction, bowel perforation, gastric retention, ileus, toxic colitis or toxic megacolon, and patients who have had a severe hyper-sensitivity reaction to any of its components. MOVIPREP should be used with caution in patients at risk of or with fluid and electrolyte abnormalities, hyponatremia, arrhythmias, seizures, in patients with impaired renal function or patients taking concomitant medications that affect renal function, patients with known or suspected inflammatory bowel disease, patients with suspected GI obstruction or perforation, patients at risk for aspiration, and patients with glucose-6-phosphate dehydrogenase deficiency. Most common adverse reactions for split dosing (incidence  $\geq 5\%$ ) are malaise, nausea, abdominal pain, vomiting, and upper abdominal pain. The most common adverse reactions for evening only dosing (incidence  $\geq 5\%$ ) are abdominal distension, anal discomfort, thirst, nausea, abdominal pain, sleep disorder, rigors, hunger, malaise, vomiting, and dizziness. MOVIPREP contains 233 mg of phenylalanine per treatment. Advise patients to hydrate adequately before, during, and after the use of MOVIPREP.

You are encouraged to report negative side effects to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

For complete Prescribing Information visit <http://moviprep.salix.com/assets/pdf/moviprep-pi.pdf>.