

MOVI PREP INSTRUCTIONS

5 DAYS PRIOR TO YOUR EXAM: You should STOP SMOKING, taking Aspirin, Iron products and Coumadin or Ginkgo Biloba and Ibuprofen, or any anti-inflammatory products. If you are taking Coumadin, have Diabetes, or have been instructed not to stop any medications by your physician, contact our office to determine the dose schedule. Please continue all other medications as ordered and review the Product to Avoid sheet with this handout. You will be given a prescription for MOVI Oral Solution.

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. Drink at least eight 8 oz glasses of water throughout the day

Arrival Time: _____ am/pm Date: _____

Los Robles Hospital, GI LAB 215 West Janss Road, Thousand Oaks 91360 (805)370-4376

*Please call Conejo Los Robles Anesthesiology group prior to your procedure at (805)578-8300

Advanced Gastroenterology, Inc. 555 Marin Street # 270 Thousand Oaks 91360 (805)719-0244

Conejo Valley Surgery Center 311 Haigh Rd # 100 Thousand Oaks, 91320 (805)273-5200

Los Robles Surgical Center 2190 Lynn Road, #100 Thousand Oaks (805)497-3737

Please call Conejo Anesthesia (805)578-8300 Ext: 245 ask for Dawn to discuss Anesthesia

Please provide a **5 day advanced notice** of any change to this appointment (805)719-0244 otherwise if less than 5 days a **\$200.00 cancelation fee** will apply > and a **\$75.00 rescheduling fee**>.

You must arrange for someone to drive you home, as you will be sedated for the exam. The doctor will talk to you after the exam, will give you recommendations for diet, medication, follow up care, etc. Wear comfortable clothing; bring your glasses, hearing aids, insurance card(s).

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Items to buy in preparation:

- 1 MOVI Prep Kit (prescription will be sent electronically to the pharmacy you provided)
- 2 Dulcolax Tablets (bisacodyl 5mg tablets, over-the-counter)

TWO Days before the Procedure: Date: _____ You must drink at least 64 oz's of water, aside from the liquids taken during your meals to avoid dehydration. Eight 8 oz glasses of water throughout the day

The Day before the Procedure: _____ You will be on a Clear Liquid Diet for the entire day.

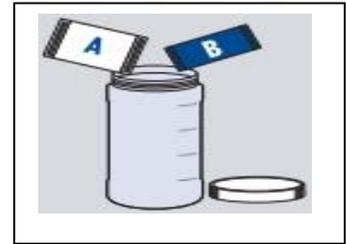
DO NOT FAST. NO Milk, NO dairy products, NO juices with pulp. NO RED, Orange, blue, green or PURPLE dyes. Clear Liquids are YELLOW AND CLEAR LIQUIDS ONLY : Soups: chicken or beef broth, clear protein drinks, Clear Juices (Nothing with PULP), or Chrystal light, or ISOPURE (Vitamin Shoppe). Popsicles, jell-o, hard candy. *NO SOLID FOOD OF ANY KIND*

Please drink at least eight 8 oz glasses of water throughout the day

Step 1 5:00 PM

Empty 1 pouch A and 1 pouch B into the disposable container included in kit.

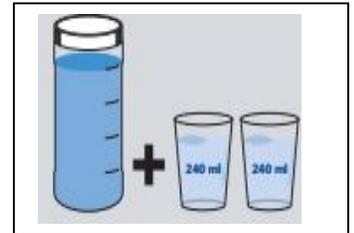
- Add lukewarm drinking water to the top line of the container, mix until dissolved.



If you prefer, mix the solution ahead of time & refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.

Step 2 6:00 PM Drink the first dose of the MOVI Prep

- The Movi Prep 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.
- Once MOVI Prep solution is consumed, Drink 32 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep.



Step 3 9:00 PM take 2 Dulcolax tablets with 16 oz of water

Step 4 10:00 PM Mix the second MOVI Prep dose by mixing the second liter of MOVI Prep. Empty 1 pouch A and 1 pouch B into the disposable container.

- Add lukewarm drinking water to the top line of the container, mix until the Solution is dissolved. You may Place in the refrigerator to chill (if desired) to make sure it is ready.

(CALL THE DOCTOR BY 9:00 PM IF YOU ARE NOT HAVING BOWEL MOVEMENTS OR IF YOUR RESULTS ARE NOT WATERY AT THIS TIME. You may need additional Medication to have a successful Prep).
(805)719-0244.

As of midnight do not eat or drink anything, except for the second portion of your Prep.

Step 5 at: _____ A.M. The morning of your colonoscopy begin drinking the Second portion of MOVI Prep Solution. It must be consumed 4 hours before procedure. Once consumed, drink 32 oz. of clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep.