

COLONOSCOPY INSTRUCTIONS USING MOVIPREP

DATE OF YOUR PROCEDURE:

Your gastroenterologist is to examine your large intestine (also called bowel or colon). To prepare for this procedure, known as a colonoscopy, the bowel must be totally empty and clean so that it can be examined thoroughly.

Please read all of the instructions ahead of time so you are adequately prepared for the procedure

AT LEAST 4 DAYS BEFORE YOUR PROCEDURE

Purchase 1 box of MOVIPREP powder for oral solution from your pharmacist.
This can be purchased from a pharmacy without prescription.

3 DAYS PRIOR TO YOUR PROCEDURE

Avoid foods that contain nuts, whole grains, skins or seeds.

AVOID FOODS like: Wholegrain Bread, Cereals, Muesli, Muesli Bars, any Nuts or food containing Nuts, Strawberries, skin on Apple, Pear, Peach or Nectarine (peeled fruit is Ok), Citrus Fruit, Grapes, Tomato skin or seeds, Sundried Tomato, skin on Capsicum, Eggplant or Potato (peeled vegetables are Ok), Sultanas and Raisins.

Allowed Foods:

- White/wholemeal bread (No whole seeds), Pita/ Turkish bread, Lean Meat, Poultry, Fish, Peeled fruit, Peeled Vegetables (No beetroot), Roasted peeled potato, Mash potato, Hot Chips, Crackers (No Seeds) e.g. Sao, Jatz, Eggs, Butter/Margarine, Vegemite, Promite, Marmite, Cheese, Custard, Ice-cream, Chocolate (avoid bars containing nuts)

MOVIPREP IS A 2-STEP PROCEDURE

Each box of MOVIPREP has 2 identical clear plastic bags each with 2 sachets marked sachet A and sachet B. Each plastic bag represents one dosing regimen each of one litre.

The 2 dosing regimens are taken at different times prior to the colonoscopy depending on whether your colonoscopy is scheduled before midday (MORNING PROCEDURE) or after midday (AFTERNOON PROCEDURE).

FOR A MORNING PROCEDURE

On the DAY BEFORE your procedure

Have breakfast (allowed foods – as listed above), still avoiding foods containing nuts, whole grains, skins or seeds. **After this meal you will be on CLEAR FLUIDS** (see below for allowed liquids).

STEP 1 – FIRST DOSING REGIMEN: At **4pm** (earlier if preferred) prepare the MOVIPREP as per the instructions on the reverse of this leaflet. Drink the 1 litre of MOVIPREP over 1-2 hours (1 cup every 15-20 minutes is recommended). Follow by 500-mls (2 cups) of clear fluids in the next 30 minutes. Allow 2 hours for MOVIPREP to work.

STEP 2 – SECOND DOSING REGIMEN: At **8pm** (or a minimum 2 hours since finishing your first dose of MOVIPREP) prepare your second dose of MOVIPREP. Drink the 1 litre of MOVIPREP over 1-2 hours (1 cup every 15-20 minutes is recommended). Follow by 500-mls (2 cups) of clear fluids in the next 30 minutes. Allow 2 hours for MOVIPREP to work. When you are no longer experiencing watery stools go to bed as usual.

Keep drinking the APPROVED clear fluids (no food) UNTIL fasting time before your procedure. FASTING means NOTHING to eat, drink, suck or chew. The required fasting time is at least 6 hours prior to the colonoscopy.

FOR AN AFTERNOON PROCEDURE

On the DAY BEFORE your procedure

Have breakfast and lunch (allowed foods – as listed above), still avoiding foods containing nuts, whole grains, skins or seeds. **After this you will be on CLEAR FLUIDS** (see below for allowed liquids).

STEP 1 – FIRST DOSING REGIMEN: At **6pm** (earlier if preferred), the evening before your procedure, prepare the MOVIPREP as per the instructions on the reverse of this leaflet. Drink the 1 litre of MOVIPREP over 1-2 hours (1 cup every 15-20 minutes is recommended). Follow by 500-mls (2 cups) of clear fluids in the next 30 minutes. Allow 2 hours for MOVIPREP to work. When you are no longer experiencing watery stools go to bed as usual. Allow 2 hours for MOVIPREP to work. When you are no longer experiencing watery stools go to bed as usual.

STEP 2 – SECOND DOSING REGIMEN: At **6am** the next morning (**day of your procedure**), prepare your second dose of MOVIPREP as per the instructions on the reverse of this leaflet. Drink the 1 litre of MOVIPREP over 1 hour (1 cup every 15 minutes is recommended). Follow by 500-mls (2 cups) of clear fluids in the next 30 minutes. Allow 2 hours for MOVIPREP to work.

Keep drinking the APPROVED clear fluids (no food) UNTIL fasting time before your procedure. FASTING means NOTHING to eat, drink, suck or chew. The required fasting time is at least 6 hours prior to the colonoscopy.

PLEASE NOTE: ONCE YOU START MOVIPREP STAY CLOSE TO A TOILET AS YOU WILL EXPERIENCE INCREASINGLY WATERY STOOLS, THIS IS NORMAL, CONTINUE CONSUMING CLEAR FLUIDS (no food) until 6 hours before your procedure.

When on CLEAR FLUIDS – the Allowed Liquids that are recommended are:

- Clear fluids include – water, black tea or coffee (**NO Milk or non dairy creamer – skim milk is ok**), clear soup, non carbonated soft drinks, sports drinks eg gatorade, cordial, strained fruit juice without pulp, clear apple juice, yellow or orange jelly (**NO black current, any red, purple, green or blue drinks, including jelly**), clear ice blocks.

REMEMBER: YOU MUST NOT EAT OR DRINK ANYTHING FOR 6 HOURS BEFORE YOUR PROCEDURE

COLONOSCOPY INSTRUCTIONS USING MOVIPREP

You are taking MOVIPREP to make your bowels clean so that they are ready for examination or surgery. MOVIPREP works by emptying the contents of your bowels, so you should expect to have watery bowel movements.

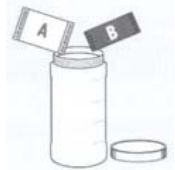
Inside the box of MOVIPREP there is a Patient Information Leaflet (PIL) which you should read. In addition to the PIL there are 2 identical clear bags. Each bag contains 1 sachet A and 1 sachet B making a total of 4 sachets. Following the instructions below, you will use all 4 sachets to complete your prep. **You must complete the entire prep to ensure the most effective cleansing as inadequate cleansing of your bowel will prevent thorough examination**

It is important that you follow your physician's instructions regarding consumption of clear liquids before your colonoscopy. Clear liquid recommendations are on reverse of this sheet and also appear on the Patient Information Leaflet in the box of MOVIPREP

INSTRUCTIONS FOR MIXING YOUR MOVIPREP SOLUTION

steps 1, 2 and 3

1. Open one of the clear bags and remove the sachets marked sachet A and sachet B
2. Empty the contents of sachet A and sachet B into a container (minimum 1 litre).
3. Add 1 litre of water (not chilled) and stir until all the powder has dissolved and the MOVIPREP solution is clear or slightly hazy. This may take up to 5 minutes



FIRST DOSING REGIMEN

steps 4 and 5

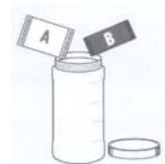
4. Drink the first litre of the MOVIPREP solution over one to two hours. Try to drink a glassful (250ml) every 15 - 20 min until you have taken all the MOVIPREP solution
5. After you have finished, over the course of the next half hour drink two more glasses of water or other clear fluids to prevent you from being thirsty or feeling dehydrated. During steps 4 and 5 stay close to a toilet as you will begin to experience watery bowel movements.



SECOND DOSING REGIMEN

6. Prepare the second container of MOVIPREP by repeating steps 1, 2 and 3
7. Drink the second litre of the MOVIPREP solution over one to two hours. Try to drink a glassful (250ml) every 15 - 20 min until you have taken all the MOVIPREP solution
8. After you have finished, over the course of the next half hour drink two more glasses of water or other clear fluids to prevent you from being thirsty or feeling dehydrated. During steps 7 and 8 stay close to a toilet as you will begin to experience watery bowel movements.
9. Make an effort to drink additional clear fluids until **6 HOURS** prior to your colonoscopy . At that point, it is important not to consume anything until after your colonoscopy

step 6



steps 7 and 8



You must remember to complete the entire prep to ensure the most effective cleansing

Please Note: As with all pharmaceutical products always read the label