

Preparing for colonoscopy with MoviPrep

Calabasas Advanced Gastroenterology

24100 Calabasas Rd, 100, Calabasas, CA 91302 (phone: 818-578-6454)

www.calabasasgastro.com

PLEASE REVIEW THESE INSTRUCTIONS CAREFULLY.

QUESTIONS? CALL (818) 578-6454.

Colonoscopy is a potentially lifesaving procedure, but it requires an effective preparation to thoroughly cleanse your colon and rectum. That's because your doctor needs a clear view to detect and remove abnormal growths that may otherwise grow into cancer. Without an effective colonoscopy prep, your doctor may be less likely to spot potentially cancerous growths (colon polyps). We understand getting ready for your procedure can be challenging, so this booklet was created to help guide you through the process and to answer questions you may have.

Important Medication Instructions

DIABETICS

1. If you are on any type of medication for diabetes, oral medications or insulin, you should bring the medications with you on the day of procedure.
2. If you are currently taking oral diabetes medications, please **DO NOT** take your pills on the day of your procedure until after the procedure.
3. If you are on insulin, you should administer insulin according to your usual instructions on the day of preparation while you are on clear liquids and taking laxatives. Your blood sugar will be checked when you arrive in the Endoscopy Center prior to your procedure.
4. If you are on an insulin pump, you should obtain instruction from your endocrinologist specifically for your scheduled procedure.

HEART AND BLOOD PRESSURE MEDICATIONS

Please take all your usual blood pressure and heart medications on the day you are preparing for the procedure AND on the morning of the procedure with a small amount of water unless you are advised otherwise.

BLOOD THINNING MEDICATION (ANTICOAGULANTS)

1. If you are on blood thinners due to high risk for heart attack such as coronary stent placed in past year, severe cardiomyopathy, severe aortic valve stenosis, or if you have a high risk for stroke due to unstable cardiac arrhythmias, your cardiologist or primary physician prescribing your medication must be notified of your scheduled procedure and specific instruction regarding your medication will be obtained.

SEIZURE MEDICATIONS, INHALERS AND THYROID MEDICATIONS

1. You should not stop any type of seizure medications even on the day of your procedure. You may take the medication at 5 am with 2 oz of water the morning of your procedure.
2. You should continue to use inhaler medication for respiratory disease and bring them with you to the endoscopy center.
3. You should not stop thyroid medications even on the day of your procedure. You must take the medication at 5 am with 2 oz of water the morning of your procedure.

Transportation

- *Arrange for someone to drive you to and from the procedure.*
- *Do not use a taxi or bus unless you have someone that join you for the ride home.*
- *You cannot drive for the remainder of the day after your procedure because of the sedation medications. If you are unable to arrange for a driver, we will need to reschedule your appointment.*
- *Arrange for your driver to be with you after the procedure to talk with your doctor and nurses. Due to the medications, you may not remember important information.*

Please do not bring children with you if at all possible.

The time spent waiting during the procedure, including prep and recovery time, can be stressful for children.

Jewelry

We highly recommend you remove all jewelry, including wedding rings, and leave them at home. Tongue piercings must be removed.

Pregnancy Testing

Female patients of child-bearing age may be asked to provide a urine sample if pregnancy status is unknown. If you are pregnant, risks and benefits should be discussed with your physician prior to continuing with the procedure.

Five Days Before Your Procedure

1. After receiving approval from your prescribing doctor or primary doctor, the following medications should be stopped:

- *Plavix (Clopidogrel) and Brilinta (Ticagrelor) should stop 5 days prior to procedure* [®]
- *Warfarin (Coumadin) should stop 5 days prior to procedure*
- *Dabigatran (Pradaxa), Rivaroxaban (Xarelto), Apixaban (Eliquis) Stop 2-4 days prior to procedure*

2. Discontinue iron pills and multi-vitamins that contain iron.

Other common names for iron include: ferrous sulfate, ferrous gluconate, ferrous fumarate, Femiron , Niferex

3. Discontinue fiber supplements.

Common fiber supplements include: Metamucil , Fibercon , Citrucel , Konsyl , Benefiber , FibersureTM, colon care capsules

4. Discontinue consuming the following foods:

- *Nuts, seeds, popcorn Corn, beans, peas, raw salad, celery, tomatoes*
- *All other vegetables must be cooked (carrots, broccoli, cauliflower, potatoes without skins)*
- *Wheat germ, granola, cereal with visible grains and/or fruit*
- *Bread with seeds or visible grains*
- *You may eat fruit, but skin and seeds must be removed before eating*

5. It is safe to continue taking:

- *Aspirin and Anti-inflammatory pain relievers (Advil , Nuprin , Aleve , naproxen sodium, ibuprofen)*

The Entire Day Before Your Colonoscopy

1. No solid food.

2. Drink a clear liquid diet the entire day. Anything you can see through and has no pulp is OK to drink:

- **Broth/bouillon, coffee (sugar is ok, no cream), tea**

- ***Carbonated beverages (Coke, Pepsi, Sprite, etc.), clear fruit juices pulp), Jello , Gatorade[®] and popsicles. Hard candy is allowed.***
 - ***DO NOT drink anything red or purple.***
- 3. No dairy.**
- 4. Discontinue Lovenox[®] (enoxaparin)**
After receiving approval from your prescribing doctor, injections should be stopped 12 hours prior to your procedure.

Begin Bowel Prep

The prep is designed to clean out your colon. It will usually cause you to have bowel movements within a few hours. Your bowels are clean when your stools become watery and you can see through them. They may be tinted depending on the color of liquids you have been drinking.

Bowel Prep Instructions

Begin drinking the electrolyte solution at 8:00 p.m. The day before your procedure

- Drink the first part starting at 8 pm (the night before procedure day)
 - Drink one (8 oz.) glass every 10- 20 minutes. Slow down or stop for 30 minutes if you begin to have nausea or abdominal discomfort.
-
- Drink the second part starting 6 hours prior to procedure time and try to finish it in 2 hours. You should be able to finish all of the prep up to 4 hours prior to procedure time
 - Liquid stools will usually start within a few hours.
 - You can drink water until 3 hours prior to your procedure to stay hydrated.
 - If you develop persistent vomiting or continuous, severe abdominal pain, stop drinking the solution and contact us.

Please follow the MoviPrep instruction below.

PATIENT INSTRUCTIONS EVENING-ONLY DOSING

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

BEGIN FIRST DOSE AT _____

BEGIN SECOND DOSE AT _____



STEP 1: MIX DOSE

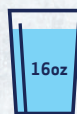
- › Empty 1 Pouch A and 1 Pouch B into the disposable container
- › Add lukewarm drinking water to the top line of the container and mix

NOTE: You can mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.



STEP 2: DRINK 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



STEP 3: DRINK CLEAR LIQUIDS

- › **Drink 16 oz of the clear liquid of your choice.** This is a necessary step to ensure adequate hydration and an effective prep

Clear liquids include: water, clear fruit juices without pulp, including apple, white grape, or white cranberry, strained limeade or lemonade, coffee or tea (do not use dairy or non-dairy creamer), clear broth, clear soda, gelatin (without added fruit or topping), and popsicles (without pieces of fruit or fruit pulp). Ask your doctor if you have any questions about whether a particular drink is acceptable.

Follow steps 1-3 to complete first dose. Repeat steps 1-3 for second dose.

If you have any questions, please call our office at _____

A colonoscopy prep causes the body to lose a significant amount of fluid and can result in sickness due to dehydration. Stay hydrated by drinking all required clear liquids during the prep.

IMPORTANT SAFETY INFORMATION (CONT'D)

If you have a condition that destroys red blood cells called glucose-6-phosphate dehydrogenase (G6PD) deficiency, talk to your doctor before taking MOVIPREP.

Please be advised that MOVIPREP contains 131 mg of phenylalanine per treatment.

If you are pregnant or planning to become pregnant, talk to your doctor before taking MOVIPREP.

In clinical studies with MOVIPREP, the most common side effects for split dosing were malaise (feeling uneasy), nausea, stomach (abdominal) pain, vomiting, and upper stomach pain. The most common side effects for evening only dosing were stomach swelling (abdominal distension), anal discomfort, thirst, nausea, stomach (abdominal) pain, sleep disorder, rigors (body shakes), hunger, malaise (feeling uneasy), vomiting, and dizziness.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch/ or call 1-800-FDA-1088.

For product information, adverse event reports, and product complaint reports, please contact:

Salix Product Information Call Center:

Phone: 1-800-508-0024 | Fax: 1-510-595-8183 | Email: salix@medcomsol.com

Please see complete Prescribing Information at MOVIPREP.com.



Web site: MoviPrep.com 8510 Colonnade Center Drive, Raleigh, NC 27615 Tel: 866.669.5LXP (7597).
MoviPrep® is a registered trademark and PMJAM Split Dosing™ is a trademark of Salix Pharmaceuticals, Inc.
© 2014 Salix Pharmaceuticals, Inc. All rights reserved. Printed in USA. MOV5-0114

MoviPrep

(PEG-3350, sodium sulfate, sodium chloride, potassium chloride, sodium ascorbate, and ascorbic acid) for oral solution, 100 g/7.5 g/2.691 g/1.015 g/5.9 g/4.7 g

Calabasas Advanced Gastroenterology

24100 Calabasas Rd, 100, Calabasas, CA 91302 (phone: 818-578-6454)

www.calabasasgastro.com

Day of Your Procedure

- Take your routine prescription medications (except those which advised against), until 3 hours before procedure time with no more than 2 oz of water
- Do not take vitamins or supplements on the day of your procedure.
- Plan to be at the Digestive Health Center for a total of 2-3 hours. This includes registration, procedure and recovery time.

Things to Bring with You

1. A current list of medications and dosages.
2. If you have a current living will and/or durable power of attorney for health care, please bring a copy of it to your procedure so we can update your health file.
3. If you have sleep apnea and use a CPAP machine, please bring the machine, mask and tubing with you.

Moderate Sedation: What You Can Expect

Moderate sedation is a mixture of medicines given during a procedure to help relieve pain and anxiety. While under moderate sedation, you are able to answer questions, speak to your health care professionals and breathe on your own. The medications may cause you to have brief memory loss during your procedure and for a short time afterward.

After Your Procedure

You will be monitored after your treatment. During this time, a nurse will check your blood pressure, heart rate, breathing and alertness. You will be sent home with your responsible adult driver and written instructions. You may feel sleepy and light-headed, but this feeling will fade.

- Do not drive a car, operate machinery or power tools.
- Do not drink any alcoholic drinks.
- Do not make important legal decisions.

- Do not smoke for the first 8 hours without supervision.
Do not cook on a stove or use a microwave without supervision.

Please visit our website: www.Calabasasgastro.com

Please educate yourself about your condition and the procedure under **patient education** section of the website

Please see related procedure **videos** under **services** section of the website

Calabasas Advanced Gastroenterology



24100 Calabasas Rd, 100, Calabasas, CA 91302 (phone: 818-578-6454)

www.calabasasgastro.com