

## DEAR PATIENT,

Your doctor has prescribed MOVIPREP® for your forthcoming examination to clean out your bowels. In order that this works properly, please follow these instructions.

### What is MOVIPREP®?

MOVIPREP® is a lemon-flavoured powder for making a solution for colon cleansing. The powder is dissolved in water before drinking and flushes out your bowels - the desired effect is watery stools. By effectively cleansing your bowels, MOVIPREP® enables your doctor to see clearly. It gives the best conditions for successful colonoscopy. This means a better diagnosis for you.



## IMPORTANT PRECAUTION

- Medication (e.g. heart tablets, diabetes medication or oral contraceptives) may be flushed out and may not as they normally do. Therefore you should consult your doctor about this in advance.
- If you are given a sedative on the day of the examination, you should not drive.

Time of examination:

For more information:  
[www.moviprep.de](http://www.moviprep.de)

MOVIPREP®/MOVIPREP® ORANGE and NORGINE are registered trademarks of the Norgine group of companies.

A service of  **NORGINE**

Stand 01/2014

# MOVIPREP® ADMINISTRATION INSTRUCTIONS



**MOVIPREP®**

PEG + ASC (PEG (3350) + Sodium ascorbate  
+ Ascorbic acid + Sodium sulfate + Electrolytes)



  
**NORGINE**

## EATING BEFORE YOUR COLON CLEANSING

### What to eat, and what not to eat

#### 1 day before examination:

Recommended: low-fibre food (e.g. white bread), tea, fruit juices (not containing pulp).

Not recommended: fruit or vegetables containing pips (e.g. kiwi fruit, tomatoes, grapes).

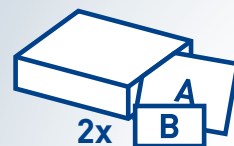
Speak to your doctor to see if there are further precautions you should take before you take MOVIPREP®.

#### After you begin to start taking MOVIPREP®:

Until the examination eat no more solid food. During this time you should drink at least one more litre of clear liquid to prevent thirst and dehydration. Examples of drinks you could have include water, clear soups, fruit juices (no pulp), drinks containing lemonade, or tea (no milk). You can drink these up until one hour before the examination.



## HOW TO PREPARE MOVIPREP®



- One pack of MOVIPREP® contains two sachets (labelled A and B).



- Pour the contents of both sachets into a container. Add 1 litre of water.



- Stir this until the liquid is almost clear. (This can take a few minutes).

Tip: drink MOVIPREP® chilled.

# 2x

- Prepare the 2<sup>nd</sup> litre of MOVIPREP® in the same way.

## TAKING MOVIPREP®

### Intake is in two parts



**Recommendation** at least 2 x 500 ml any clear liquid in addition

- Drink 1 litre MOVIPREP® within 1 to 2 hours.
- Try to drink one glass every 10 – 15 minutes.
- We strongly recommend drinking at least one further litre of any clear liquid.
- You must have finished taking the MOVIPREP® a full hour prior to the investigation.
- Make sure you stay in the vicinity of an unoccupied toilet while taking the MOVIPREP®.