



COASTAL VIEW GASTROENTEROLOGY, INC

CLEAR LIQUID DIET

The day before your colonoscopy you will be asked to follow this clear liquid diet. Clear liquids are easily digested and leave no residue in the intestinal tract. Clear liquids will also keep your body hydrated. Please drink plenty of fluids.

What are clear liquids? A good rule of thumb is anything you can see through that is not red, orange, or purple is probably alright. The list below will also help guide you. Remember, do not drink anything with RED, ORANGE or PURPLE dyes.

BEVERAGES

1. Water
2. Coffee, tea (no milk or creamers)
3. Sports drinks (Gatorade, power aid)
4. Fruit juices (apple juice, no pulp or nectars)
5. Soft drinks (7-up, sprite, ginger ale, kool aid, crystal light)

SOUPS

1. Chicken broth / consommé
2. Beef broth/Bouillon
3. Vegetable broth

DESSERTS

1. Jell-O (lemon and orange are best, lime is okay)
2. Popsicles (no sherbets, fruit bars with pulp)
3. Hard candies

DO NOT EAT

**NO solid food, vegetables
NO bread, cereal, grains, pasta, rice
NO milk or dairy products
NO meat, chicken or fish
NO nuts or tofu
NO oils, butter, margarine
NO whole fruits**

**NOTHING TO EAT OR DRINK AFTER MIDNIGHT OTHER THAN THE MOVIPREP.
TAKE BLOOD PRESSURE MEDICATION AS PRESCRIBED WITH SMALL SIP OF
WATER.**

EVENING-ONLY DOSING

Preparing for your colonoscopy with MoviPrep®

Follow these steps before your colonoscopy to ensure a safe and effective bowel preparation.



Follow your doctor's instructions regarding medicines to avoid and diet to follow before your procedure



Finish the entire bowel prep regimen as described on the back of this page, unless otherwise directed by your doctor



Colonoscopy involves sedation, so make arrangements to have someone drive you home after the procedure



Any questions? Call the MoviPrep Help Line for 24-hour, multi-lingual assistance (Sunday, 5 PM – Friday, 8 PM EST)

MoviPrep is available at most retail pharmacies. If your pharmacy does not have MoviPrep, it can be ordered and delivered to your pharmacy within 24 hours. Information for your pharmacist: NDC 65649-201-75

INDICATION

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.

IMPORTANT SAFETY INFORMATION

Do not take MOVIPREP® (PEG-3350, sodium sulfate, sodium chloride, potassium chloride, sodium ascorbate and ascorbic acid for oral solution) if you have a gastrointestinal (GI) obstruction (a blockage in your bowel), bowel perforation (an opening in the wall of your stomach or intestine), gastric retention (problems with food and fluid emptying from your stomach), ileus (bowel muscle unable to move stomach contents), toxic colitis (damage to the thickness of the intestinal wall) or toxic megacolon (an extremely dilated or distended colon with fever and/or abdominal pain at times), or if you have a known allergy to MOVIPREP or any of its components.

It is important to drink sufficient liquids before, during, and after the use of MOVIPREP. Liquid and blood salt changes can lead to serious side effects including abnormal heartbeats, seizures, and kidney problems. Talk to your doctor before taking MOVIPREP if you take any medications that increase the risk of blood salt abnormalities or if you have known or suspected low blood salt (sodium) level (hyponatremia).

If you have kidney problems or if you take medication that affects kidney function, talk to your doctor before taking MOVIPREP.

If you have suspected bowel blockage or a suspected opening in the wall of your stomach or intestine, talk to your doctor before taking MOVIPREP.

Talk to your doctor before taking MOVIPREP if you have problems swallowing, if you have gastric reflux, or if you are predisposed to aspiration.

Important Safety Information continued on reverse.

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)

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

5:00 pm

BEGIN SECOND DOSE AT

5 hours

before procedure



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.

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)



Web site: MoviPrep.com 8510 Colonnade Center Drive, Raleigh, NC 27615 Tel: 866.669.SLXP (7597).
MoviPrep® is a registered trademark and PMJAM Split Dosing™ is a trademark of Salix Pharmaceuticals, Inc.
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Your procedure will be performed by Doctor: _____

Address: _____

Date of procedure: _____ Arrive at: _____ AM/PM

Comments: _____

SUPREP[®] BOWEL PREP KIT

(sodium sulfate, potassium
sulfate and magnesium sulfate)
Oral Solution

(17.5g/3.13g/1.6g) per 6 ounces



On the day before your procedure...

What You **CAN** do:

- You may have a light breakfast or have clear liquids **ONLY**; please have nothing for dinner

What You **CANNOT** do:

- DO NOT** drink milk
- DO NOT** eat or drink anything colored red or purple
- DO NOT** drink alcoholic beverages

Any of the following liquids are OK to drink:

- Water
- Strained fruit juices (without pulp) including apple, orange, white grape, or white cranberry
- Limeade or lemonade
- Coffee or tea (**DO NOT** use any dairy or non-dairy creamer)
- Chicken broth
- Gelatin desserts without added fruit or topping (**NO RED OR PURPLE**)

Note:

- SUPREP Bowel Prep Kit is indicated for cleansing of the colon as a preparation for colonoscopy in adults
- Be sure to tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. SUPREP Bowel Prep Kit may affect how other medicines work
- Medication taken by mouth may not be absorbed properly when taken within 1 hour before the start of each dose of SUPREP Bowel Prep Kit
- The most common adverse reactions after administration of SUPREP Bowel Prep Kit were overall discomfort, abdominal distention, abdominal pain, nausea, vomiting, and headache
- If you have any questions about taking SUPREP Bowel Prep Kit, call your doctor

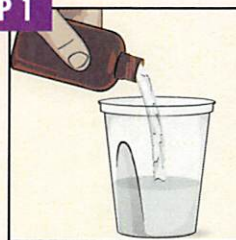
To learn more about this product, please call **1-800-874-6756** or visit our Web site at www.suprepkit.com

SUPREP Bowel Prep Kit is a split-dose (2-day) regimen. Both 6-ounce bottles are required for a complete prep.

FIRST DOSE: Begin Step 1 at 5:00 PM the evening before your procedure and proceed as shown below:

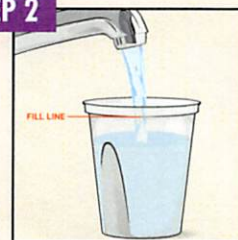
You must complete Steps 1 through 4 using one (1) 6-ounce bottle before going to bed:

STEP 1



Pour **ONE** (1) 6-ounce bottle of SUPREP liquid into the mixing container.

STEP 2



Add cool drinking water to the 16-ounce line on the container and mix.

NOTE: Dilute the solution concentrate as directed prior to use.

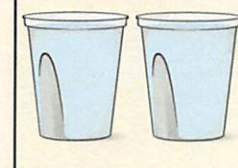
STEP 3



Drink **ALL** the liquid in the container.

STEP 4

IMPORTANT



You **must** drink two (2) more 16-ounce containers of water over the next 1 hour.

SECOND DOSE: Begin Step 1 at _____ AM the morning of your procedure and proceed as shown above:

For this dose, repeat Steps 1 through 4 shown above using the other 6-ounce bottle.

NOTE: You **must** finish drinking the final glass of water at least 2 hours, or as directed, before your colonoscopy.