

HACKENSACK DIGESTIVE DISEASE ASSOCIATES, P.A.

BOARD CERTIFIED IN GASTROENTEROLOGY & LIVER DISEASE *

PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY. They are extremely important to the success and accuracy of your examination, as well as for your safety. If you have any questions, please contact our office at 201-488-3003.

Your colonoscopy is scheduled at...

Hackensack Endoscopy Center
(Excelsior II Building)
170 Prospect Avenue
Suite 10
Hackensack, NJ 07601

Endoscopy Center of Bergen County
80 Eisenhower Drive
Paramus, NJ 07652

Hackensack Medical Center
Medical Plaza Building
20 Prospect Avenue
Suite 813
Hackensack, NJ 07601

Your appointment is scheduled for _____ at _____.

FOLLOW THE INSTRUCTIONS ON THE ENCLOSED SHEET ON HOW TO TAKE YOUR BOWEL PREPARATION EXACTLY AS DIRECTED.

Please do not consume any raw fruits or vegetables for 3 days prior to your exam.

The day before your colonoscopy, you cannot eat any solid food and you must follow a clear liquid diet. Clear liquids include Gatorade (not red), clear broth, apple juice, Jell-O (not red), black coffee (no milk or cream), tea, water, soda, popsicles and Italian ice (not red).

On the day of your colonoscopy, you can continue to consume clear liquids only until three hours before your exam. For the three hours before your exam, you should not eat or drink anything. You can take medications, such as blood pressure medication, on the day of your procedure. If you have diabetes, please contact our office for specific instructions.

Please do not take aspirin, Ecotrin or anti-inflammatory medication, such as Motrin (ibuprofen) or Aleve, for one week prior to your colonoscopy, unless otherwise instructed by your physician.

If you take **Coumadin** (warfarin), **Plavix** (clopidogrel), **Pradaxa**, **Xarelto**, **Eliquis** or **Effient**, please contact our office if you have not already received specific instructions regarding taking these medications and your planned colonoscopy.

You will be receiving sedation for your colonoscopy and **YOU CANNOT DRIVE YOURSELF HOME.** You must arrange for someone to drive you home after your colonoscopy.

Patient Instructions:

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

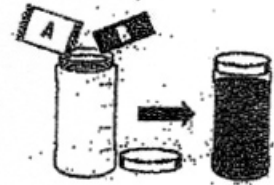
Beginning at:

7 PM the night before your colonoscopy

STEP 1

◇ Empty 1 Pouch A and 1 Pouch B into disposable container

◇ Add lukewarm drinking water to the top line of the container. Mix to dissolve

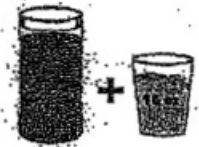


If preferred, mix solution ahead of time and refrigerate Prior to drinking. Solution should be used within 24 hours.

STEP 2

◇ The Movi Prep container is divided by 4 marks. Every 15 minutes drink solution down to the next mark, (approximately 8oz), until the full liter is complete.

◇ Drink 16oz of any clear liquid of your choice



Beginning at:

7 AM the morning of your colonoscopy

◇ Repeat steps 1 and 2.