

/// Preparation for Colonoscopy

Dear Patient,

Proper rinsing of the intestine is essential for a meaningful examination result of your colonoscopy. To ensure that the bowel preparation works properly, please follow the instructions below.

5 days before examination:

- If you are taking anticoagulants like Marcumar, Aspirin, ASS, Aggrenox or Plavix, please turn to your doctor for further information.
- Please avoid the following foods: Fruits or vegetables or other foods with seeds (e.g., kiwis, tomatoes, grapes, whole wheat bread, nuts).


1 day before examination:

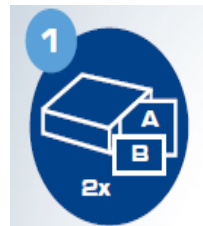


- In the Morning: You may eat a normal breakfast.
- Lunch hour: Drink a broth bouillon.
- About 15 o'clock: Prepare 1 liter of MOVIPREP Solution (fridge cooling of the solution before intake is recommended).
- Drink 1 liter MOVIPREP within 1 to 2 hours (try to drink **one glass every 10-12 minutes**).
- We strongly recommend drinking at least 2 liter of any clear liquid (Water, fruit juices without pulp, lemonade, tea, broth, bouillon) thereafter.
- Make sure to stay close to an unoccupied toilet while taking MOVIPREP (the complete rinsing procedure takes about 3 hours).

Day of examination:

- 4 hours prior to your colonoscopy: Drink 1 liter of MOVIPREP solution.
- Drink at least 1 additional liter of any clear liquid There should be a time gap of a minimum of 2 hours between finishing the second liter and the start of the examination. Your bowel movements should be clear fluid (colored like peppermint tea, without any odors).

Preparation of MOVIPREP solution



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 - One pack of MOVIPREP contains 4 sachets, 2 labelled A and 2 labelled B
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 - Pour the contents of one sachet A and one sachet B into a container.
Add 1 liter of moderate tempered tap water
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 - Stir until the liquid is almost clear (this can take a few minutes).
Tip: Drink MOVIPREP chilled, with or without a straw.

IMPORTANT

- Please **bring your insurance card for the examination.**
- Please organize an accompaniment for the time after the colonoscopy and note the person's telephone.
- If you have received a sedation or short anesthesia, you are not allowed not leave the office unaccompanied. Your **companion must personally pick you up in the doctor's office.**