

David H.Y. Lin, M.D.
905 San Ramon Valley Blvd. Ste 206
Danville, CA 94526

Telephone: (925) 831-9200

Fax: (925) 831-9317

COLONOSCOPY PREP

You are scheduled for a Colonoscopy on _____ at _____

Check in no later than _____

Please report to: **LASER SURGERY CENTER**

PLEASE ARRANGE FOR A FAMILY MEMBER OR FRIEND TO DRIVE YOU HOME AFTER THE PROCEDURE. NO TAXI, UBER OR LYFT IS ALLOWED. You will be sedated during the procedure and will not be allowed to drive afterwards. The procedure takes approximately 1 hour. You should allow for 1 hour recovery time. **Due to the sedation, you should not drive until the following day.**

YOU ARE COMPLETING THE MOVI PREP FOR YOUR PROCEDURE. PLEASE SEE THE ATTACHED SHEET FOR DOSING INSTRUCTIONS.

The day before the procedure: you may have **ONLY CLEAR LIQUIDS** for lunch and dinner. **CLEAR LIQUIDS** consist of water, fruit juice without pulp (apple, white grape), beef broth, chicken broth (non fatty, or cloudy in appearance), Yellow colored Jell-O only, clear sodas, coffee, tea (no cream, sugar is ok). Any of the following that are **NOT COLORED RED OR PURPLE**: Gatorade, Propel, Kool-Aid (or other fruit flavored drinks), iced popsicles. **ABSOLUTELY NO ALCOHOL.** Follow your prep instructions with as much clear liquids that can be tolerated. **THE MORE WATER YOU DRINK, THE CLEANER YOUR COLON WILL BE. BEFORE RETIRING, DRINK AT LEAST 5 MORE (8 OUNCE) GLASSES OF WATER.**

THE PREP IS CONSIDERED ADEQUATE ONLY IF THE OUTPUT IS CLEAR AS DILUTE URINE OR TAP WATER. You may have clear liquids only on the day of the exam up to **2 hours** prior to your check-in time.

Take your regular medication on the day of the procedure. However, do not take iron supplements for at least 5 days prior to the procedure **UNLESS OTHERWISE INSTRUCTED.** On the day before your procedure and on the day of your procedure, do not take Levsinex, Librax, Bentyl or NuLev. Please notify the office if you are taking Coumadin or blood thinners. **If Dr. Lin has already given you instructions, please follow his directions.**

We will bill your insurance for Dr. Lin's fee for the procedure. The hospital or surgical center will bill you separately for the facility and pathology services, if biopsies are taken.

IT IS YOUR RESPONSIBILITY TO VERIFY YOUR INSURANCE COVERAGE AND BENEFITS. OUR OFFICE WILL OBTAIN AUTHORIZATION FOR THE PROCEDURE IF NEEDED.

Doctor Lin has a financial interest in Laser Surgery Center and San Ramon Endoscopy Center. If such an interest is of concern to you, please feel free to discuss this with Dr. Lin or the office staff.

If you have any questions or need to reschedule your procedure, please call our office at (925) 831-9200. To avoid a late cancellation fee of \$100, please notify our office 48 hours prior to you procedure to cancel or reschedule. Thank you.

Patient Instructions—Split-Dose Regimen

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

The evening before your colonoscopy beginning at: 3pm

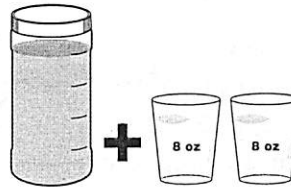
STEP 1 MIX FIRST DOSE

- Empty 1 Pouch A and 1 Pouch B into the 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. The reconstituted solution should be used within 24 hours.



STEP 2 DRINK FIRST 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
- 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, ginger ale, apple juice, Gatorade, lemonade, and broth. No red or purple liquids.**

Ask your doctor if you have any questions about whether a particular drink is acceptable.

The morning of your colonoscopy beginning at: _____

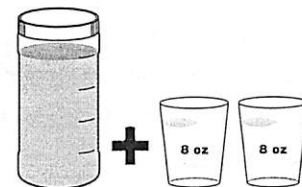
STEP 3 MIX SECOND DOSE

- Empty 1 Pouch A and 1 Pouch B into the 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. The reconstituted solution should be used within 24 hours.



STEP 4 DRINK SECOND 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
- Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep



A colonoscopy prep causes the body to lose a significant amount of fluid and can result in sickness due to dehydration. It's important that you prepare your body by drinking extra clear liquids before the prep. Stay hydrated by drinking all required clear liquids during the prep. Replenish your system by drinking clear liquids after returning home from your colonoscopy.

If you have any questions, please call our office at 925-931-9200.

*Gatorade is a registered trademark of Stokely-Van Camp, Inc., Chicago, IL

OFFICE INFORMATION

Procedure date:

Arrival time:

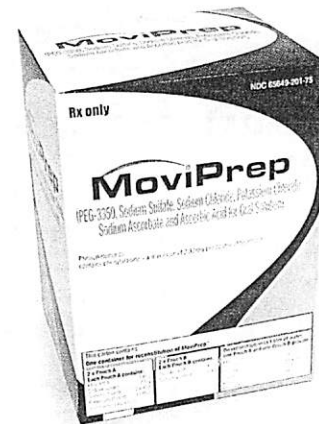
Location:

Split-Dose Regimen

Bowel Preparation for Colonoscopy With MoviPrep

Colonoscopy is a routine, generally safe procedure used to examine the colon. There are steps that you, the patient, must take before the procedure to ensure the highest level of safety and effectiveness.

- 1 Make arrangements to have someone drive you home after the procedure
 - Colonoscopy involves sedation, and you will not be allowed to leave unaccompanied
- 2 Follow your physician's instructions regarding medicines to avoid and diet to follow before your procedure
- 3 Finish the entire bowel prep regimen as described on the following page, unless otherwise directed by a physician



MoviPrep is available at most retail pharmacy outlets. If your pharmacy does not have MoviPrep in stock, it can be ordered and delivered within 24 hours.

Information for your pharmacist: NDC 65649-201-75

MoviPrep
(PEG-3350, Sodium Sulfate, Sodium Chloride, Potassium Chloride, Sodium Ascorbate and Ascorbic Acid for Oral Solution)

www.MoviPrep.com

Important Safety Information about MOVIPREP

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. MOVIPREP is contraindicated in patients with gastrointestinal (GI) obstruction, bowel perforation, gastric retention, ileus, toxic colitis or toxic megacolon, and patients who have had a severe hypersensitivity reaction to any of its components. MOVIPREP should be used with caution in patients at risk of or with fluid and electrolyte abnormalities, hyponatremia, arrhythmias, seizures, in patients with impaired renal function or patients taking concomitant medications that affect renal function, patients with known or suspected inflammatory bowel disease, patients with suspected GI obstruction or perforation, patients at risk for aspiration, and patients with glucose-6-phosphate dehydrogenase deficiency. Most common adverse reactions for split dosing (incidence \geq 5%) are malaise, nausea, abdominal pain, vomiting, and upper abdominal pain. The most common adverse reactions for evening only dosing (incidence \geq 5%) are abdominal distension, anal discomfort, thirst, nausea, abdominal pain, sleep disorder, rigors, hunger, malaise, vomiting, and dizziness. MOVIPREP contains 233 mg of phenylalanine per treatment. Advise patients to hydrate adequately before, during, and after the use of MOVIPREP. Please see accompanying full Prescribing Information for MoviPrep.