

Instructions for Colonoscopy preparation with “Moviprep”

You have been invited to undergo Colonoscopy test, which is performed using an endoscopic instrument.

The endoscope is a flexible tube, which is inserted through the anus and allows observation and examination of the walls of the colon.

If necessary, it is possible to remove polyps and take biopsies during the test.

Before carrying out the test you will be given a sedative injection into a vein in order to reduce discomfort during the test.

To ensure a successful test it is important to meticulously follow preparation guidelines and the following instructions:

You must arrive accompanied for the test, since during the test you will receive sedative materials. Driving is prohibited for 12 hours after the test.

Nutritional preparation for test: Be meticulous about a low-fiber diet

<p>Recommended diet during 2 days before the test:</p>	<p><u>It is advisable to eat:</u> White bread, baguette, pitta bread, crackers from white flour (no poppy or sesame seeds), pasta, noodles, rice, couscous from white flour; pearl barley, semolina, cereals from white flour, filtered fruit juice, butter, margarine, oil, mayonnaise, chicken, fish, soup, turkey, chicken soup, all dairy products, honey, jam without pieces of fruit.</p> <ul style="list-style-type: none"> • Try to drink lots of fluids. <p><u>Avoid:</u> Beef, fresh or dried fruits and vegetables. Legumes: beans, peas, lentils, chickpeas, broad beans, soybeans. Whole grains containing fiber, subsidized/ whole wheat bread, whole wheat, rye, buckwheat, oats, maize, popcorn, breakfast cereals, granola, poppy seeds. Olives, avocado, tahini, chocolate, peanut butter, coconut, halva, almonds, peanuts, nuts, sesame seeds, sunflower seeds.</p>
<p>Day before the test: Breakfast for example.</p>	<p>Cheese, plain yogurt, jelly, egg, white bread</p>
<p>A <u>must</u> after breakfast</p>	<p>Only clear fluids: water, tea, jelly, consommé, soda, coffee without milk</p>

Instructions for Colonoscopy preparation with “Moviprep”

- Moviprep is intended to cleanse the bowel before a Colonoscopy.
- Do not take Moviprep if you know of any sensitivity to broad beans (G6PD enzyme deficiency), or if you are under the age of 18.
- When starting to use Moviperp - expect frequent liquid bowel action – so ensure that you have access to a toilet at all times after taking Moviprep.
- Please refer to the Moviprep consumer brochure before use.



Instructions for Colonoscopy preparation with “Moviprep” (continue)

What does a box of Moviprep contain? Moviprep is a lemon-tasting powder containing two doses packaged separately. Each packet has 2 sachets: a large sachet (marked #1) and a smaller sachet (marked # 2).

When should I start drinking the Moviprep? Drinking the first dose and second dose of Moviprep depends on the execution time of the test and details are listed in the table below.

How should I prepare each dose of Moviprep? You must pour bag #1 (the large bag) + bag #2 (the smaller bag) into a liter of water (about 5 cups), and mix well until fully dissolved. We recommend cooling the solution in order to enhance the flavor. After preparing the solution, drink a cup of the solution fluid every 15 minutes until completion.

At the end of drinking each dose of Moviprep: drink about another 1/2 liter (2.5 pints) of clear fluid (water, fruit juice without pieces, coffee or tea without milk, or consommé).



Add contents of sachet #1



Add contents of sachet #2



Add a liter of water



Mix



Drink

Tips before drinking:

- Keep the solution refrigerated for at least 1/2 hour before use, to improve the flavor.
- Drink the Moviprep with a straw to facilitate drinking.
- Put an ice cube in your mouth for a minute or two before drinking.
 - You can save the prepared solution for up to 24 hours refrigerated.

<u>Morning Test</u> (until 15:00 hrs)	<u>Afternoon Test</u> (After 15:00 hrs)
<p>The day before the test: <u>Breakfast until 9:00</u> after that you can drink clear liquids.</p> <p>At 15:00 hrs. <u>drink the first dose of Moviprep.</u> Upon completion you must drink another 1/2 liter of clear liquids.</p> <p>At 20:00 hrs: drink second dose of Moviprep. Upon completion you must drink another 1/2 liter of clear liquids.</p>	<p>The day before the test: <u>A light meal until 13:00 hrs:</u> afterwards you may drink clear liquids.</p> <p>At 20:00 hrs: drink the first dose of Moviprep. Upon completion you must drink another 1/2 liter of clear liquids</p>
<p>The day of the test</p> <p><u>You must maintain an absolute fast for 2 hours before the test!</u></p>	<p>The day of the test</p> <p>At 9:00 hrs: drink second dose of Moviprep. At the end you must drink another 1/2 liter of clear liquids.</p> <p><u>You must maintain an absolute fast for 2 hours before the test!</u></p>