

MOVIPREP®

INSTRUCTIONS FOR USE

Dear patient,

Your doctor has prescribed bowel cleansing with **MOVIPREP®** for you for your upcoming examination. Please follow these instructions for the preparation to proceed in an optimal manner.

What is MOVIPREP®?

MOVIPREP® is a powder for making a bowel cleansing solution. Whether you opt for fresh lemon or fruity orange flavour – when dissolved in water and drunk, it cleanses your bowel.

Watery stools are therefore the desired effect. Efficient bowel cleansing with **MOVIPREP®** gives your doctor an unobstructed view, thus creating the best conditions for a successful colonoscopy.

Diet during bowel cleansing

Recommendations for the right diet

- **From 3 – 5 days before the examination*:**
Not recommended: foods with seeds (e.g. kiwi fruit, tomatoes, grapes, whole grain bread).
- **1 day prior to the examination:**
Recommended: Food low in fibre (e.g., white bread), tea, juices.
Ask your doctor if you need to follow any other rules before taking **MOVIPREP®**.
- **Once you have taken the first sip of MOVIPREP®:**
Please do not eat any solid food prior to the examination.
Please drink at least one additional litre of clear liquid during this period.
- **Possible clear liquids are:**
Drinks such as water, clear soups, juices (without pulp), soft drinks or light tea (e.g., chamomile tea, without milk) can be consumed up until two hours before the examination starts.

* Please follow your doctor's instructions about starting the diet (e.g. 5 days before the examination)

The official recommendation¹ is to start the diet at least 3 days before the examination.

1. Walter B, et al. Clin Gastroenterol Hepatol. 2021 Feb; 19(2):331 – 338.

MOVIPREP®/MOVIPREP® Orange, Pulver zur Herstellung einer Lösung zum Einnehmen

Zusammensetzung: Beutel A enthält: Macrogol 3350 100 g, Natriumsulfat 7,5 g, Natriumchlorid 2,691 g, Kaliumchlorid 1,015 g; Beutel B enthält: Ascorbinsäure 4,7 g, Natriumascorbat 5,9 g. Sonstige Bestandteile MOVIPREP®: Aspartam (E951), Acesulfam-Kalium (E950), Zitronenaroma (enthält Maltodextrin, Citral, Zitronenöl, Limonenöl, Xanthangummi, Vitamin E). Sonstige Bestandteile MOVIPREP® Orange: Aspartam (E951), Acesulfam-Kalium (E950), Orangenaroma (enthält natürliche Aromastoffe und -zubereitungen, Maltodextrin, D-Glucose). **Anwendungsgebiete:** Zur Darmreinigung vor klinischen Maßnahmen bei Erwachsenen, die einen sauberen Darm erfordern, z. B. endoskopische oder radiologische Untersuchungen des Darms. Apothekenpflichtig. Zu Risiken und Nebenwirkungen lesen Sie die Packungsbeilage und fragen Sie Ihren Arzt oder Apotheker. Stand 03/2021

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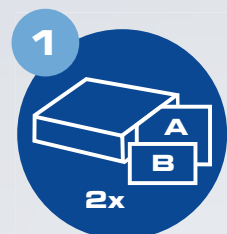
Preparing MOVIPREP®

IMPORTANT:

At least two hours should pass between finishing the second litre and the beginning of the examination in order to achieve complete bowel cleansing.

Preparing the first dose of MOVIPREP®

MOVIPREP® package



One package of
MOVIPREP®
contains two
sachets, A and B.



One litre of MOVIPREP® consists of one sachet A and one sachet B, which are mixed together in water to form a 1-litre solution.



Mix all the contents until the liquid is clear (this may take a few minutes).

Preparing the second dose of MOVIPREP®



One litre of MOVIPREP® consists of one sachet A and one sachet B, which are mixed together in water to form a 1-litre solution.



Mix all the contents until the liquid is clear (this may take a few minutes).

Taking MOVIPREP®



- Suggestion: Drink **MOVIPREP®** chilled, with or without a straw.
- Drink 1 litre of **MOVIPREP®** within 1 to 2 hours.
- Try to drink a glass every 10 to 15 minutes.
- We strongly recommend drinking at least one additional litre of a clear liquid of your choice.
- You should stop drinking any fluids no later than 2 hours prior to the examination.
- Stay within reach of a toilet while taking the preparation.

Time

Time

Important notes!

- Medications [e.g., heart pills, blood thinners, diabetes medications or contraceptives] may be flushed out and may not work as usual. Therefore, talk to your doctor first.
- If you are given a sedative on the day of the examination, you may not drive a vehicle. Please arrange for someone to pick you up and ask your doctor if a caregiver is required at home.
- Please observe the instructions for use.

Your examination appointment:

Time:

Doctor's stamp:



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