

## Colonoscopy Bowel Preparation – MOVIPREP

("Moviprep" is also available in all major pharmacies)  
(Please do not follow the instruction inside the box)

**The preparation is: 3 days low fiber diet, 1 day clear fluids and drinking bowel wash out the night before the test**

### 10 DAYS BEFORE THE TEST:

- ◆ Stop Aspirin, Cartia, Plavix, Clopidigrel, Mobic and other anti-inflammatories (You should check with your Doctor first as it might not be safe to stop these drugs in your case)
- ◆ If taking: Warfarin, Pradaxa, Xarelto or Eliquis, you must consult our doctor first

**You must confirm your appointment with us on 93871738 as the procedure list may have been rearranged. A cancellation fee may apply if we do not have 48 hours notice of a cancellation.**

### 3 DAYS BEFORE THE TEST:

- ◆ IRON TABLETS must be stopped.
- ◆ STOP EATING FOODS THAT CONTAIN NUTS, SEEDS, GRAINS, PEELS / SKIN (eg apple, pear, peach, nectarine) and Vegetables with peel/skin intact (eg corn, peas, capsicum):
- ◆ If you are prone to constipation, or get constipated on a low fibre diet, take 1 sachet of Movicol twice daily until you begin MOVIPREP

<u>NOT ALLOWED</u>	<u>ALLOWED</u>
Wholegrain bread, fibre enriched white bread, wholemeal (brown) rice or pasta, corn meal, cereals, muesli, muesli bars, oats (porridge)	Plain white bread / panini / English muffins white toast / French toast, Cornflakes, Rice Bubbles, white flour, white pasta, white rice
Casseroles or dishes containing vegetables	Lean beef, pork, lamb, veal, fish, poultry, eggs, sausages, bacon, meat curries (no onion) Plain meat / steak and bacon pies, tofu, meat substitutes
Strawberries, passionfruit, citrus fruit, grapes, tomato, capsicum, peas, corn, onions. Legumes, such as baked beans or kidney beans, lentils, barley, split peas. All fruit and vegetable skins and seeds	Clear strained fruit juice (clear apple, clear pear) strained vegetable juice (V8). Skin free pumpkin and potato (mashed, steamed, baked) potato salad – with mayonnaise, egg, ham
Coconut, dried fruit, nuts, sultanas, raisins, seeds eg linseed, sesame, sunflower, poppy. Fruit yoghurt, Jevity, Sustagen Hospital with fibre Nutrison Multi Fibre.	All milks, plain yoghurt, cheese, white sauces, sour cream, butter, margarine, oil, mayonnaise, plain ice cream, meringue, custard
Jams and marmalades with skins, seeds or peel, peanut butter, mustard, most relishes	Vegemite, honey, lemon butter, cheese spread, fish and meat paste
AVOID ALL FIBRE SUPPLEMENTS SUCH AS: Metamucil, Normafibe, Normacol Plus, Nucolox, Psyllium, Benefiber, Fybogel	Strained broths, clear soups, beef tea, soup cubes, Water include at least 6 - 8 glasses per day, Soda water, tea, coffee, Bonox, Bovril, cordial, Milo, Aktavite, Sustagen, Ensure, Digestilact, Water

### 1 DAY BEFORE THE TEST

Eat low fibre breakfast. After 9 am drink clear fluids or eat jelly/lollies

**CLEAR FLUIDS:** Water, fruit juice with no pulp eg. clear apple, pear or grape juice (but not tomato, carrot or orange), clear soups, e.g chicken soup broth, stock cubes, barley sugars, tea and coffee without milk, soft drinks, cordials and lucozade. Jelly and jelly babies are permissible but avoid red/ black/purple ones as they darken the bowel.

- ◆ All medications should be taken except for aspirin/antiplatelet agents/arthritis medicines, which should be stopped 10 days before the test. (check with your local doctor first).
- ◆ **IT IS IMPORTANT TO DRINK AS MUCH AS POSSIBLE TO AVOID DEHYDRATION.**
- ◆ Sorbent Clean and Fresh or Kleenex Fresh wet wipes reduce anal pain from wiping once you start taking Moviprep.
- ◆ DO NOT take oral medication 1 hour either side of drinking MOVIPREP as it might not be absorbed.

A box of **MOVIPREP** has 2 identical packets each with 2 sachets marked A and B that you mix with 1 Litre of water. Mix well and refrigerate if you like. The preparation works quickly and the effects last for 2 -3 hours, or longer in some cases. The preparation will cause multiple bowel movements and watery stools.

### Follow 1. OR 2. depending on the time of your procedure

1. Procedure time (8am to 10:30am)	2. Procedure time (after 10:30am)
<p><b>The day before your procedure:</b> Have a light breakfast, eating the same type of food as last 3 days After 9 am you will be on <b>CLEAR FLUIDS ONLY</b> - see <b>CLEAR FLUID LIST</b> at bottom this page.</p> <p><b>1st dose:</b> At 7pm prepare and then drink the 1 litre of MOVIPREP over 1 hour (1 cup every 15mins is recommended). Follow by 500mls (2 cups) of clear fluids in the next 30 mins. It is important to finish the full 1L of MOVIPREP.</p> <p><b>Continue clear fluids AND PREPARE YOUR SECOND DOSE OF MOVIPREP</b></p> <p><b>2nd dose:</b> At 10pm. Repeat as above.</p> <p><b>STOP ALL FLUIDS INCLUDING WATER 4 HOURS PRIOR TO ADMISSION TIME</b></p> <p><b>Do not chew gum</b></p>	<p><b>The day before your procedure:</b> Have a light breakfast, eating the same type of food as last 3 days After 9 am you will be on <b>CLEAR FLUIDS ONLY</b> - see <b>CLEAR FLUID LIST</b> at bottom of thispage</p> <p><b>1st dose:</b> At 7pm the night before prepare and then drink the 1 litre of MOVIPREP over 1 hour (1 cup every 15mins is recommended). Follow by 500mls (2 cups) of clear fluids in the next 30 mins. It is important to finish the full 1L of MOVIPREP.</p> <p><b>2nd Dose:</b> At 9pm Make up your second dose and drink 500ml of the 2<sup>nd</sup> dose then follow by 250mls of Clear Fluids.</p> <p><b>Continue clear fluids:</b> Before you go to bed, put the last 500ml of Moviprep in the Fridge</p> <p><b>3rd Dose</b> At 6am <b>On the day of your test:</b> Complete the rest of 500ml of the 2<sup>nd</sup> dose preparation followed by 100ml of clear liquids.</p> <p><b>STOP ALL FLUIDS INCLUDING WATER 4 HOURS PRIOR TO ADMISSION TIME</b></p> <p><b>Do not chew gum</b></p>

### ON THE DAY OF THE TEST:

- ◆ Bring your referral & Medicare card/Health Fund card/Pension, DVA or HCC
- ◆ **DO NOT** wear nail polish, ladies do not wear pantyhose. Wear clothing that is easy to put on and remove
- ◆ eg. track-suit pants.
- ◆ **NOTHING by mouth for at least 4 hours before the test**, important medications (e.g. heart or blood pressure medications) may be taken with a small sip of water 4 Hours before.
- ◆ Bring completed 2 admission forms. You will be here approximately 3-4 hours
- ◆ **NO** driving until the next day, **ORGANISE FOR SOMEONE TO ESCORT YOU HOME, otherwise your procedure will not be done.**
- ◆ You can return to work the next day (we can provide a medical certificate).
- ◆ In order for us to dedicate as much time and care as necessary for each procedure and patient, we ask you to be patient if we are running behind schedule. You may wish to bring some reading material. If you live close you can phone to ask if we are running late.