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Colonoscopy Bowel Preparation Instructions - Morning Procedure

Recommended bowel preparation kit to be purchased from pharmacy:

MOVIPREP (each pack contains 2 bags, each bag has Sachet A and Sachet B)

In order to have a successful examination, the bowel needs to be as clear as possible otherwise your procedure may need to be rescheduled and repeated. Individual responses to laxatives do vary. You may experience multiple bowel movements with this preparation. Within the first 2-3 hours after taking the first dose, frequent, loose bowel movements are induced. Please remain within easy reach of toilet facilities.

- If on iron tablets, please cease 1 week prior to examination
- If on aspirin, continue to take it
- If you are/were on Plavix, Warfarin, Iscover or any other blood thinners, Dr Naseem would have given you a plan prior to the procedure
- **If you are usually constipated don't stop taking your usual laxatives**

A) 5 DAYS BEFORE EXAMINATION

Please avoid the following for 5 days prior to your procedure

NOT ALLOWED



- Brown rice
- Corn, popcorn
- Lentils
- Brown bread, multigrain bread, whole grain bread
- High fibre breakfast cereals
- No foods containing SEEDS e.g. passionfruit, tomatoes
- NO ALCOHOL

B) ONE DAY BEFORE EXAMINATION

1. You are allowed breakfast and an early lunch from the allowed list of foods below

2. After lunch you are allowed only approved clear fluids

3. Dissolve each sachet (A & B) in 1L of water as per instructions on the packet (chill liquid if preferred)

BREAKFAST & EARLY LUNCH:	AFTER LUNCH:
ALLOWED 'WHITE FOODS' ✓	<u>ONLY APPROVED CLEAR LIQUIDS</u> ✓
<ul style="list-style-type: none">• Rice bubbles• White bread (plain or lightly toasted)• Boiled or poached eggs• SKIM milk• Plain yogurt• Cottage cheese• Peeled potatoes• White rice• Steamed or microwaved WHITE fish• Skinless boiled chicken• White chocolate• You may add salt/pepper to taste• Clear yellow jelly and drink plenty of approved clear liquids	<ul style="list-style-type: none">• Water, <u>CLEAR</u> salty fluids (e.g. <i>STRAINED</i> chicken noodle soup, a little Vegemite in warm water)• <u>CLEAR</u> broth/bouillon (broth cube)• <u>CLEAR</u> fruit juice (apple or pear) or cordials (lemon or lime), sports drinks (no red or purple colourings)• Black tea or coffee (<i>NO MILK OR WHITENER</i>)• Artificial sweeteners are permitted• Clear yellow jelly e.g. lemon, pineapple, mango

4. At 3pm, slowly drink first 1L prepared MOVIPREP liquid with a straw over 1-2 hours, followed by 3-4 glasses of clear fluid. You may continue to have items from the approved clear liquid list.

5. At 8pm, slowly drink the second 1L prepared MOVIPREP liquid with a straw over 1-2 hours, followed by a few glasses of water.

If you are awake throughout the night, please ensure you stay hydrated by drinking water.
YOU MUST STOP DRINKING 4 HOURS PRIOR TO YOUR ADMISSION.

On the day of your procedure, please make sure your bowel actions are clear. If it is still opaque, you will need to take 3rd sachet of bowel prep.