

Colonoscopy Instructions- Moviprep

Colonoscopy is a procedure used to inspect the large bowel (colon). Colonoscopy is considered to be the most accurate test of the colon. Before the procedure you will be given a sedative intravenously to make you sleepy. The instrument is then inserted through the back passage and the lining of the bowel is examined. If polyps are found they are usually removed at the time of the examination. The procedure is not painful and you may not remember much about it. **You must arrange for someone to accompany you home because the sedatives may affect your judgment and reflexes for the rest of the day.** You cannot drive or leave the hospital on your own.

Serious complications of colonoscopy are rare (less than one in two thousand examinations). However complications can occur and include the following: perforation, major bleeding, spleen injury, reaction to anaesthetic or bowel preparation. It is possible if these serious complications occur that you may require surgery or a blood transfusion.

In order to get the best possible view and make the colonoscopy easier, **a bowel preparation is required**. Your large bowel needs to be cleaned of all waste material; the bowel fluid should turn a clear, pale yellow with no solid material within it. **Moviprep** can be purchased at most pharmacies; your local pharmacist will be able to get it for you if it is not in stock.

Please follow these bowel preparation instructions carefully. You must complete all the bowel preparation even if stools are clear.

If you take medication for diabetes, Warfarin, Clopidogrel (Plavix), Pradaxa, Xarelto or other blood thinners please call us at least one week before your procedure. You may continue taking Aspirin. Please bring a list of all medications you take with you on the day of procedure along with your MEDICARE card, PENSION/HEALTH CARE card if applicable and any private health insurance details.

3 Days prior to procedure stop any iron tablets and start a low residue diet.

Low residue foods include: Cooked potato without peel, white rice or pasta, bread or pastry made with white bread such as scones (avoiding seeds) chicken breast no skin, grilled white fish fillet, egg whites, cheese, butter, mayonnaise, cream, white sauce, cheese spread, sour cream, plain yoghurt, rice bubbles, plain rice crackers, mineral water, lemonade, soda water, clear soup, milk (regular, low fat, skim), white chocolate, white ice – cream.

Importantly, avoid foods that contain nuts, whole grains, skins, seeds or fibre.

Clear fluids include: water, soft drink, black tea, black coffee (no milk), Bonox, clear soup (must be strained with no particles), clear fruit juice (apple and grape juice), Lucozade/ sports drinks, cordial and yellow jelly. No red, purple or green coloured liquids.

MORNING PROCEDURE	AFTERNOON PROCEDURE
<p><u>On the day before procedure</u> You can have Breakfast Still avoid foods containing nuts, grains, skins, seeds or fibre</p>	<p><u>On the day before procedure</u> You can have Breakfast and Lunch Still avoid foods containing nuts, grains, skins, seeds or fibre</p>
<p>ONLY CLEAR FLUIDS FROM BREAKFAST UNTIL 6 HOURS BEFORE THE PROCEDURE</p>	<p>ONLY CLEAR FLUIDS FROM LUNCH UNTIL 6 HOURS BEFORE THE PROCEDURE</p>
<p><u>At 2 pm prepare</u> your 1st litre of Moviprep by Mixing sachet A & B in 1 litre of water then chill.</p> <p>Prepare your 500 ml (2 cups) of CLEAR fluids – refer to clear liquids allowed</p>	<p><u>At 4 pm prepare</u> your 1st litre of Moviprep by Mixing sachet A & B in 1 litre of water then chill.</p> <p>Prepare your 500 ml (2 cups) of CLEAR fluids – refer to clear liquids allowed</p>
<p><u>At 4 pm consume</u> your 1st litre Moviprep. Over the next 1 ½ hrs (90 mins) drink the 1 litre of Moviprep plus 2 cups of clear liquids. Begin with Moviprep but the clear liquids can be interspersed with the prep if preferred. It is important to finish ALL the Moviprep and clear fluids</p> <p>CONTINUE DRINKING CLEAR FLUIDS</p>	<p><u>At 6 pm consume</u> your 1st litre Moviprep. Over the next 1 ½ hrs (90 mins) drink the 1 litre of Moviprep plus 2 cups of clear liquids. Begin with Moviprep but the clear liquids can be interspersed with the prep if preferred. It is important to finish ALL the Moviprep and clear fluids</p> <p>CONTINUE DRINKING CLEAR FLUIDS</p>
<p><u>At 6 pm prepare</u> your 2nd litre of Moviprep by Mixing sachet A & B in 1 litre of water then chill.</p> <p>Prepare your 500 ml (2 cups) of CLEAR fluids – refer to clear liquids allowed</p> <p>CONTINUE DRINKING CLEAR FLUIDS</p>	<p><u>Before bed</u> prepare your 2nd litre of Moviprep by mixing sachet A & B in 1 litre of water then chill.</p> <p>Prepare your 500 ml (2 cups) of CLEAR fluids – refer to clear liquids allowed</p> <p>CONTINUE DRINKING CLEAR FLUIDS</p>
<p><u>At 8 pm consume</u> your 2nd litre Moviprep. Over the next 1 ½ hrs (90 mins) drink the 1 litre of Moviprep plus 2 cups of clear liquids. Begin with Moviprep but the clear liquids can be interspersed with the prep if preferred. It is important to finish ALL the Moviprep and clear fluids</p> <p>CONTINUE DRINKING CLEAR FLUIDS</p>	<p><u>At 6 am consume</u> your 2nd litre Moviprep. Over the next 1 ½ hrs (90 mins) drink the 1 litre of Moviprep plus 2 cups of clear liquids. Begin with Moviprep but the clear liquids can be interspersed with the prep if preferred. It is important to finish ALL the Moviprep and clear fluids</p> <p>CONTINUE DRINKING CLEAR FLUIDS</p>

UNTIL 6 HOURS BEFORE PROCEDURE

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