

Extended Split Bowel Preparation for Colonoscopy using MOVIPREP AM

ONE WEEK BEFORE YOUR COLONOSCOPY: GET READY

1. **Buy one box of Moviprep** (Contents: 2 packets – each packet contains Sachet A and B) and **one box of Movicol** from your local pharmacy (prescription not required)
2. **Stop** iron tablets, Imodium and Gastrostop
3. If you take blood thinning agents such as Warfarin, Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Eliquis (Apixaban), Brilinta (Ticagrelor), Plavix, Iscover or Piax (Clopidogrel), inform your nurse or doctor. Aspirin can be continued during the colonoscopy.
4. If you take medicine for Diabetes, inform your nurse or doctor.
5. If you have heart, liver or kidney failure, inform your nurse or doctor. This bowel preparation may not be suitable for you.
6. If you are on regular laxative, please continue with this medicine.
7. Commence on Movicol 1 sachet twice a day

THREE DAYS BEFORE YOUR COLONOSCOPY: MODIFY YOUR DIET

Avoid the following foods, which have high fibre content such as wholegrain and wholemeal breads and cereals, nuts, seeds, legumes, raw and dried fruits, salad and all cooked vegetables and fatty foods
Sample meals may include white bread, toast, strained soup, cheese, ham, egg, tuna, chicken, lean meat, fish, potato, white rice, pumpkin and ice cream

ONE DAY BEFORE YOUR COLONOSCOPY: CLEANSE YOUR BOWEL

NO SOLIDS/FOOD CAN BE TAKEN ON THIS DAY

Drink only approved clear fluids (water, strained soup, clear chicken broth, fruit juice, jelly, black tea and coffee (NO MILK or DAIRY products), sports drinks, carbonated beverages, oral rehydration salts e.g. *Hydrolyte* and *ORS*. Drink *at least* 10 glasses of clear fluids to maintain hydration.

5 pm (Approx.): First dose: Add the entire contents of ONE packet (containing sachets A and B) in 1L of warm water and stir until dissolved. Chill for half an hour before drinking.

Drink mixture slowly but completely over the next 2 to 3 hours.

The preparation may cause multiple bowel movements within 2 to 3 hours of taking the first dose.

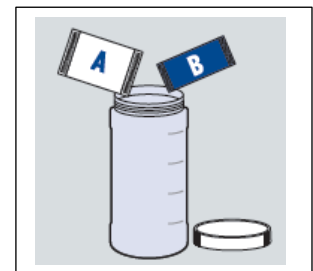
Individual responses may vary. Remain within easy reach of toilet facilities.

DAY OF YOUR COLONOSCOPY

4am: Second dose: follow the instructions for the first dose as above.

Continue to drink clear fluids and fast from **6am**.

STOP DRINKING FLUIDS AT 6AM



If you have any questions about the information above or the bowel preparation instructions, please call Gastroenterology and Liver Department, Liverpool Hospital on 87384085 or FOBT Clinical Nurse Co-ordinators Diana Aston/Shani George PH: 87387939 or MOB 0459817160