

Split Bowel Preparation for Colonoscopy using MOVIPREP - MORNING LIST

ONE WEEK BEFORE YOUR COLONOSCOPY: GET READY

1. **Buy one box of Moviprep** from your local pharmacy (prescription not required. Contents: 2 packets – each packet contains Sachet A and B).
2. **Stop** iron tablets, Imodium/Lomotil/Gastrostop
3. If you take blood thinning agents such as Warfarin, Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Eliquis (Apixaban), Brilinta (Ticagrelor), Plavix, Iscover or Pias (Clopidogrel), inform your nurse or doctor. You may continue with Aspirin 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.

THREE DAYS BEFORE YOUR COLONOSCOPY: MODIFY YOUR DIET

Avoid foods with 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 foods with low fibre content are allowed and 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

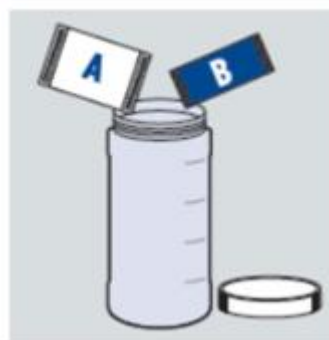
ON THIS DAY – DRINK CLEAR FLUIDS ONLY; NO SOLIDS/FOOD CAN BE TAKEN

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.



PLEASE TURN OVER NEXT PAGE

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 bowel preparation instructions,
please call Gastroenterology and Liver Department, Liverpool Hospital on 87384085
or <https://www.gastroliverpool.com.au/preparation-for-colonoscopy.html>

