

## Colonoscopy Bowel Preparation Instructions using MoviPrep®

Dear Patient,

You are scheduled to have a colonoscopy soon, and your doctor has requested that you have a 'bowel preparation'. Bowel preparation is commonly known as 'bowel prep'. It is the process of removing all faeces and food from your bowel, enabling the doctor to undertake your colonoscopy more effectively.

For your own safety and to have the best possible outcome from your procedure, it is important that you follow the bowel prep instructions carefully.

### One week before procedure: Get ready

1. Buy MoviPrep® from your pharmacy. The MoviPrep® carton contains 2 sets of pouches for mixing. A disposable 1 litre container may also be available at some sites.
2. Stop iron containing medications.
3. Check and discuss with your Doctor if you are on blood thinners (e.g. Pradaxa®, Xarelto®, Eliquis®, Plavix®, Iscover®) or warfarin. You may need to temporarily stop. However, if you have a cardiovascular stent, you may not be able to stop - please consult with your cardiologist or general practitioner.
4. If you take medication for diabetes (insulin or tablets), discuss this with your Doctor.
5. If you have heart or kidney failure, discuss this with your doctor. This bowel preparation may not be suitable for you.

### Two days before your procedure: Change your diet

The **WHITE DIET** is a simple low residue diet that **allows food to be eaten up until 5pm the day prior to colonoscopy** without compromising the quality of the bowel preparation under normal circumstances.

#### WHITE DIET FOODS PERMITTED:

- Milk, plain yoghurt, margarine, butter, vanilla ice cream, white chocolate
- Plain cream cheese, cottage cheese, ricotta cheese, fetta cheese, sour cream
- Egg whites, mayonnaise, cream, white sauce
- White rice or pasta, potatoes (peeled)
- Rice Bubbles, regular white bread/toast, plain rice crackers
- Chicken breast (no skin), grilled white fish fillet

#### WHITE FOODS TO BE EXCLUDED:

- pears, parsnip, cauliflower, onion
- high fibre white breads (e.g. Wonder White)
- Tofu, coconut, porridge, banana, mushrooms, semolina, couscous, popcorn

### WHITE DIET SAMPLE MENU PLAN:

**REMEMBER TO DRINK AT LEAST A GLASS OF APPROVED CLEAR FLUIDS\* EVERY HOUR**

**Breakfast:** Rice Bubbles with milk and white sugar  
Regular white toast and scrambled egg – white only

**Morning Tea:** Plain rice crackers with fetta cheese

**Lunch:** Sliced chicken breast, butter, regular white bread sandwich  
White chocolate Freddo or Lemonade icy-pole

**Afternoon Tea:** Plain vanilla yoghurt or vanilla milkshake

**Early Dinner:** Plain grilled white fish, white sauce  
Boiled white rice or pasta or peeled potato  
Vanilla ice cream

## One day before your procedure: prepare to switch to clear fluids

1. You may eat anything, in moderation, from 'The White Diet' until 5PM; no more solid food can be eaten after this time. Clear fluids are allowed.
2. After 5PM only **Approved Clear Fluids\*** can be consumed (plus bowel preparation liquids).
3. Follow the mixing instructions on the MoviPrep® carton.

### \*Approved Clear Fluids:

- Water, clear salty fluids (e.g. clear broth – chicken, vegetable or beef with no noodles, meat or vegetables)
- Clear fruit juices (e.g. apple and pear), plain jelly (**not red or purple**)
- Black tea or coffee (no milk, cream or soy)
- Sports drinks (Gatorade, Gastrolyte, PowerAde and Hydralyte, etc)
- Carbonated beverages, barley sugar, clear fruit cordials, ginger ale
- Moderate alcohol is allowed.

## Instructions for mixing your MoviPrep® solution (Mix the solution no sooner than 24 hours before it will be used)

1. Open one of the clear bags and remove the sachets marked sachet A and sachet B.
2. Empty the contents of sachet A and sachet B into a container (minimum 1 litre).
3. Add 1 litre of water (not chilled) and stir until all the powder has dissolved and the MoviPrep® solution is clear or slightly hazy. This may take up to 5 minutes.
4. You may chill the MoviPrep® solution before drinking.
5. Do not add ice, sugar or flavourings to the solution.

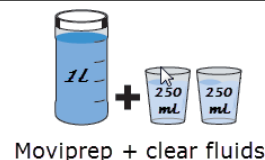


## Timing of MoviPrep® doses (please tick)

<input type="checkbox"/> Early Morning procedure before 10am	<input type="checkbox"/> Late Morning procedure after 10am	<input type="checkbox"/> Afternoon procedure
<input type="checkbox"/> 1 <sup>st</sup> Dose MoviPrep® at 7pm (day before procedure)	<input type="checkbox"/> 1 <sup>st</sup> Dose MoviPrep® at 7pm (day before procedure)	<input type="checkbox"/> 1 <sup>st</sup> Dose MoviPrep® at 7pm (day before procedure)
<input type="checkbox"/> 2 <sup>nd</sup> Dose MoviPrep® at 4am (day of procedure)	<input type="checkbox"/> 2 <sup>nd</sup> Dose MoviPrep® at 5am (day of procedure)	<input type="checkbox"/> 2 <sup>nd</sup> Dose MoviPrep® at 8am (day of procedure)

## Taking your MoviPrep® doses and clear fluids

1. For each Dose MoviPrep®: Start drinking 250mL glass of bowel preparation every 15 minutes for a total of 4 glasses.
2. Fifteen (15) minutes later, drink a 250mL glass of clear liquid every 15 minutes for a total of 2 glasses.



**YOU MUST REMEMBER TO COMPLETE THE ENTIRE BOWEL PREP TO ENSURE THE MOST EFFECTIVE CLEANSING**

## Day of procedure

1. You may **continue clear fluids up until 2 hours prior to your procedure**. After this time you must fast - fasting means nothing to eat, drink, suck or chew.
2. Please take your regular medication (except iron tablets, blood thinners, warfarin, insulin and diabetic tablets) with small sips of water.
3. You must not drive after the test because the sedation may make this unsafe. Please arrange for someone to take you home.