

Moviprep Bowel Preparation Instructions

Bowel preparation before a colonoscopy actually starts at least 3 days before, when you should stop taking certain medications or supplements. You need to follow the instructions and be prepared to drink a lot of liquid.

Key instructions

- Your bowel must be empty so that your doctor can clearly view your colon.
- DO NOT eat any solid food 24 hours before your [colonoscopy](#). Drink only clear liquids. Drink plenty of clear liquids **up to 2 hours** prior your procedure!
- Buy your bowel preparation at least **five days** before your colonoscopy.

Transportation on the day of your colonoscopy

A responsible person **MUST BE PRESENT** with you at Check In before your colonoscopy and pick you up after you are discharged. You are not allowed to drive, take a taxi or bus, or leave the hospital alone. **If you do not have a responsible driver (family member or friend) with you to take you home, your exam cannot be done with sedation and will be cancelled.**

Please bring a list of all of your current medications, including any over-the-counter medications, with you.

Medications

If you take insulin, diabetic medications or blood thinners, you **must** call the doctor who orders those medications for instructions on altering the dosage before your colonoscopy. Blood thinners include Coumadin® (warfarin); Plavix®(clopidogrel); Ticlid® (ticlopidine hydrochloride); Agrylin® (anagrelide); Xarelto® (Rivaroxaban); Pradaxa® (Dabigatran); Eliquis® (Apixaban); and Effient® (Prasugrel).

If you take diabetic medications, please discuss with your anaesthetist's at least 3 days prior your colonoscopy to clarify how and when to take them.

All other medications, including aspirin, should be taken the day of the exam with a sip of water.

Five (5) days before your colonoscopy

- Do **NOT** take medicines that stop diarrhea, such as loperamide (Imodium®) or bismuth subsalicylate (Kaopectate®, Pepto-Bismol®).
- Do **NOT** take fiber supplements, such as Metamucil®, Citrucel®, or Perdiem®.
- Do **NOT** take products that contain iron, such as multivitamins (the label lists what is in the products).
- Do **NOT** take Vitamin E.



Buy the bowel preparation solution at your local pharmacy 5 days before your colonoscopy.

Three days before your colonoscopy

- Do **NOT** eat high-fiber foods, such as popcorn, beans, seeds (flax, sunflower, quinoa), multigrain bread, nuts, salad/vegetables, or fresh and dried fruit.

One day before your colonoscopy

- **Only drink clear liquids 24 hours before your colonoscopy. Do NOT eat any solid foods.** Drink at least **250ml** of clear liquids every hour after waking up. The chart shows what you can and cannot drink.

Clear Liquids

(No Red Liquids)

DO NOT DRINK

Gatorade®, Pedialyte® or Powerade®	Alcohol
Carbonated and non-carbonated soft drinks	Milk or non-dairy creamer
Kool-Aid® or other fruit-flavored drinks	Noodles or vegetables in soup
Strained fruit juices (no pulp)	Juice with pulp
Jell-O®, Popsicles®	Liquid you cannot see through
Water	

When to mix your bowel preparation

The Moviprep® carton contains pouches and a disposable container for mixing. Follow mixing instructions on the carton. Do not add ice, sugar or flavorings to the solution. Do not take more than the recommended dose or serious side effects could occur. You can refrigerate the preparation before drinking.

Step 1

At 6:00 pm the evening before your colonoscopy:

- Drink 250ml of bowel preparation every 15 minutes for a total of four glasses.
- Fifteen (15) minutes later, drink 250ml of clear liquids every 15 minutes for a total of two glasses.

Step 2

The next morning, 6 hours before your exam

- Drink 250 ml of bowel preparation every 15 minutes for a total of four glasses.
- Fifteen (15) minutes later, drink 250ml of clear liquids every 15 minutes for a total of two glasses.
- You may continue to drink clear liquids (WATER) up to two hours before your exam!



LET'S OPERATE WITH RESPECT

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