

Dr Mark Bonnichsen

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Remember, the quality of your bowel preparation depends on you carefully following the instructions.

Bowel Preparation for Colonoscopy – Late Morning / Afternoon Procedure

Make sure your doctor or nurse has discussed with you if:

- You have diabetes "
- You take blood thinning medications such as warfarin, dabigatran (Pradaxa) rivaroxaban (Xarelto), apixaban (Eliquis), ticagrelor (Brilinta), clopidogrel (Plavix, Iscover, Piax) "
- You have heart failure, cirrhosis, or chronic kidney disease "

ONE WEEK BEFORE YOUR PROCEDURE

- € Buy one box of MOVIPREP (either plain or orange flavour) from your local pharmacy. No prescription required.
- € ☒ Stop iron tablets, fibre supplements (such as Metamucil, psyllium, Benefiber) and loperamide (also known as Imodium and Gastrostop)

2 - 3 DAYS BEFORE YOUR PROCEDURE

'Low residue diet' Avoid:

Grains (brown rice, corn, oats, rye) " Nuts "

Seeds " Fruits " Vegetables "

ONE DAY BEFORE YOUR PROCEDURE

You should not have any solid food, milk or dairy products on this day.

- Drink lots of clear fluids (over 2 litres) throughout the day and in between your bowel preparation. Clear fluids include water, clear broth, fruit juice, jelly, black tea and coffee (without milk), lemonade, and electrolyte drinks such as Gatorade or Hydralyte.

7 pm: Drink the first 1 litre of MOVIPREP.

- Prepare **both litres** of your Moviprep by adding the contents of **one sachet A** and **one sachet B** in **1 litre** of warm water. Stir until dissolved.
- Chill for half an hour then start drinking the first litre slowly.

Ensure you have easy access to toilet facilities as the preparation will cause multiple bowel motions within 2 to 3 hours.

ON THE DAY OF YOUR PROCEDURE

Drink the second 1 litre of Moviprep between 6 and 7 am.

Do not drink anything for at least 2 hours before your arrival time.

For your safety, you must arrange a pick-up from the hospital as you will not be able to walk, drive, or take public transport home after the procedure.

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