

# MOVIPREP

Purchase one box of Moviprep from your pharmacy 3 days before your procedure

- No script required

Appointment DAY: ..... / DATE: ..... / Arrival Time: .....am / pm;

SPECIAL INSTRUCTIONS: \_\_\_\_\_

If you are prone to constipation, or get constipated on a low fibre diet, take 1 sachet of Movicol twice daily for at least 2 weeks until you begin Moviprep.

**\*DO NOT** take oral medication 1 hour either side of drinking MOVIPREP. Follow instructions given by your Doctor regarding which medications to stop & which to continue.

**5 DAYS PRIOR TO YOUR PROCEDURE:** **STOP EATING** foods that contain **SEEDS, GRAINS, PEELS / SKINS** (eg jam with seeds eg Strawberry jam), **GRAINS** (eg Multigrain bread), **PEELS / SKIN** (eg apple, pear, peach, nectarine) and **Vegetables with peel / skin intact** (eg corn, peas, capsicum): **SEE BELOW**

**STOP EATING FOODS like:** Corn, peas, Strawberries, Jams, Wholegrain Bread, Cereals, Onion, Muesli, Muesli Bars, any Nuts or food containing Nuts, skin on Apple, Pear, Peach or Nectarine (peeled fruit is Ok), Marmalades with skins, Citrus Fruit, Grapes, Tomato skin or seeds, Sundried Tomato, skin on Capsicum, Eggplant or Potato (peeled vegetables are Ok), legumes eg baked beans or kidney beans, mustard, Sultanas and Raisins, Brown rice, casseroles containing vegetables, lentils, barley, split peas, coconut, sesame, sunflower or poppy seeds, fruit yoghurt fibre supplement.

**ALLOWED FOODS:** White or wholemeal brown bread (no seeds or grains), Pita / Turkish bread, English muffins, cornflakes, rice bubbles, Lean meat eg. beef, pork, lamb, veal, fish, or chicken, Fish, Peeled fruit, Peeled Vegetables (No beetroot), Roasted peeled potato, Mash potato, Hot Chips, Crackers (No Seeds) e.g. Sao, Jatz, Eggs, Butter/Margarine, Vegemite, Promite, Marmite, Cheese, Custard, Ice-cream, Chocolate (avoid bars containing nuts)

**WHEN ON CLEAR FLUIDS – the Allowed Liquids that are recommended are:** Clear fluids include – water, black tea or coffee (NO Milk or non dairy creamer – **skim milk is ok**), clear soup/broth, soft drinks, sports drinks e.g. Gatorade/Powerade, cordial, strained fruit juice without pulp, clear apple juice, yellow or orange jelly (**NO** black current, any red, purple, green or blue drinks, including jelly), clear ice

**IMPORTANT:**

- Drink a lot of clear fluids on the day before the procedure; avoid all seeds, grains, nuts and skins; and keep as mobile as possible
- DIABETICS** – half the insulin dose on the day prior to procedure and don't take insulin on the day of the procedure.
- DIABETICS** – omit diabetic tablets on the evening prior to and on the morning of the procedure
- Stop any anti-platelet agents for 5-7 days or at least discuss it with physician or GP; these include:
  - any aspirin preparation (eg Cartia, Astrix, Cardiprim, Asasantin, Disprin or any soluble aspirin) or
  - any Clopidogrel preparation (Plavix, Iscover or Co-Plavix) or
  - any anti-inflammatory agent such as Nurofen, Naprosyn, Ibuprofen, Voltaren, Mobic, Orudis, Oruvail, Indocid, Feldene....
- Stop Warfarin for 4 days prior to the procedure
- ALWAYS** take all blood pressure medications, even on the day of the procedure
- Stop all iron supplements for at least 1-week prior to procedure
- Stop all vitamin and health food supplements for at least 1-week

## PLEASE FOLLOW THE INSTRUCTIONS ACCORDING TO THE TIME OF YOUR PROCEDURE

A box of MOVIPREP has 2 identical clear plastic bags each with 2 sachets marked sachet A and sachet B. Each plastic bag represents one dosing regimen each of 1-litre. The 4 dosing regimens are provided as a guide for you depending on whether your colonoscopy is scheduled 7am -1pm (MORNING PROCEDURE) or after 1pm – 7pm (AFTERNOON PROCEDURE) - see below

### MORNING PROCEDURE – PLEASE FOLLOW INSTRUCTIONS ACCORDING TO THE TIME OF YOUR PROCEDURE

<p><b>Early Morning Procedure: (7am – 9am)</b> <b>Diabetics / Elderly</b></p> <p>.....DAY: <b>On the day BEFORE your procedure:</b> Have a light breakfast, (NO LUNCH OR DINNER) still avoiding foods containing SEEDS, GRAINS &amp; PEELS. <b>After breakfast you will be on CLEAR FLUIDS ONLY until 4-hours before your procedure.</b> – (no solid food until after your procedure) <b>Keep mobile.</b> -See list of CLEAR FLUIDS LIST - below. Throughout the day, drink 2- 3 litres of clear fluids</p> <p><b>1<sup>st</sup> dose:</b> At 4pm (earlier if preferred) Drink 1 litre of MOVIPREP over 1 hour (1 cup every 15mins is recommended). Follow by 500mls (2 cups) of clear fluids in the next 30 mins. Commence with MOVIPREP but clear fluids can be interspersed with MOVIPREP if preferred. It is important to finish the full 1 litre of MOVIPREP. <b>Continue clear fluids until the next Moviprep dose at 10pm</b></p> <p><b>2<sup>nd</sup> dose:</b> At 10pm (or a min. of 2hrs after finishing your first dose of MOVIPREP) prepare your second dose of MOVIPREP. Repeat as above. <b>Continue consuming clear fluids only (No Food) until 4hrs before your Admission time then <u>NIL BY MOUTH</u> (means nothing to eat or drink)</b></p>	<p><b>Mid-Morning Procedure: (9am - 1pm)</b></p> <p>.....DAY: <b>On the day BEFORE your procedure:</b> Have a light breakfast and lunch (BUT NO DINNER), still avoiding foods containing SEEDS, GRAINS &amp; PEELS. <b>After lunch, you will be on CLEAR FLUIDS ONLY - no solid food until after your procedure. Keep mobile.</b> See CLEAR FLUID LIST below. Throughout the day, drink 2- 3 litres of clear fluids</p> <p><b>1<sup>st</sup> dose:</b> At 7-8pm (earlier if preferred) Drink 1 litre of MOVIPREP over 1 hour (1 cup every 15mins is recommended). Follow by 500mls (2 cups) of clear fluids in the next 30mins. Commence with MOVIPREP but clear fluids can be interspersed with MOVIPREP if preferred. It is important to finish the full 1 litre of MOVIPREP. <b>Continue clear fluids until you go to sleep:</b> Before you go to bed, prepare your second dose of MOVIPREP and refrigerate.</p> <p><b>2<sup>nd</sup> dose:</b> .....DAY: <b>On the day OF your procedure.</b> <b>At 4am - 5am. Repeat as above.</b> Continue clear fluids only. <b><u>NIL BY MOUTH</u> (means nothing to eat or drink) from 7am or 3 hours before your Admission time.</b></p>
---	--

### AFTERNOON PROCEDURE – PLEASE FOLLOW INSTRUCTIONS ACCORDING TO THE TIME OF YOUR PROCEDURE

<p><b>Early Afternoon Procedure:(1pm –4pm)</b></p> <p>.....DAY: <b>On the day BEFORE your procedure:</b> Have a light breakfast and lunch (BUT NO DINNER), still avoiding foods containing SEEDS, GRAINS &amp; PEELS. <b>After lunch, you will be on CLEAR FLUIDS ONLY - no solid food until after your procedure. Keep mobile.</b> See CLEAR FLUID LIST below. Throughout the day, drink 2- 3 litres of clear fluids</p> <p><b>1<sup>st</sup> dose:</b> At 7-8pm (earlier if preferred) Drink 1 litre of MOVIPREP over 1 hour (1 cup every 15mins is recommended). Follow by 500mls (2 cups) of clear fluids in the next 30mins. Commence with MOVIPREP but clear fluids can be interspersed with MOVIPREP if preferred. It is important to finish the full 1 litre of MOVIPREP. <b>Continue clear fluids until you go to sleep:</b> Before you go to bed, prepare your second dose of MOVIPREP and refrigerate.</p> <p><b>2<sup>nd</sup> dose:</b> .....DAY: <b>At 8am - 9am On the day OF your procedure:</b> Repeat As Above <b>Continue consuming clear fluids only (No Food) until 10am; then <u>NIL BY MOUTH</u> (means nothing to eat or drink) FROM 10am or 3 hours before your Admission time.</b></p>	<p><b>Late Afternoon Procedure:(4pm -7pm)</b></p> <p><b>On the day before your procedure,</b> have breakfast and lunch and a LIGHT DINNER at 4.30pm, still avoiding foods containing SEEDS, GRAINS, &amp; PEELS. <b>After dinner you will be on CLEAR FLUIDS ONLY, no solid food until after your procedure. Keep mobile.</b> See CLEAR FLUID LIST below. ENSURE you continue to drink clear fluids throughout the evening. See list of CLEAR FLUIDS - below.</p> <p><b>On the day OF your procedure:</b> <b>1<sup>st</sup> dose:</b> .....DAY: <b>At 6.00am</b> (earlier if preferred) Drink 1 litre of MOVIPREP over 1 hour (1 cup every 15mins is recommended). Follow by 500mls (2 cups) of clear fluids in the next 30mins. Commence with MOVIPREP but clear fluids can be interspersed with MOVIPREP if preferred. It is important to finish the full 1 litre of MOVIPREP. <b>Continue clear fluids:</b> Prepare your second dose of MOVIPREP and refrigerate. <b>2<sup>nd</sup> dose:</b> .....DAY: <b>At 12pm On the day OF your procedure:</b> Repeat As Above. <b>Continue consuming clear fluids only (No Food) until 12pm (MIDDAY); then <u>NIL BY MOUTH</u> (means nothing to eat or drink) FROM 12.00pm (MIDDAY) or NBM 3 hours before your admission time.</b></p>
--	---

**NOTE:** You may chill each litre of MOVIPREP if you prefer and/ or drink with a straw. You must remember to complete the entire prep to ensure the most effective cleansing.

**The preparation works quickly and the effects last for 2-3 hours, or longer in some cases. The preparation will cause multiple bowel movements and watery stools.**

**CLEAR FLUIDS** include – water, black tea or coffee (NO Milk or non dairy creamer – ***skim milk is ok***), clear soup/broth, soft drinks, sports drinks e.g. Gatorade/Powerade, cordial, strained fruit juice without pulp, clear apple juice, yellow or orange jelly (NO blackcurrant, any red, purple, green or blue drinks, including jelly), clear ice.

**As with all pharmaceutical products, please read the label.**