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Split Bowel Preparation for Colonoscopy using MOVIPREP PM

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 and Gastrostop.
3. If you take blood thinning agents such as Warfarin, Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Eliquis (Apixaban), Brilinta (Tieagrellor), Plavix, Iscover, or Piax (Clopidogrel), inform your nurse or doctor. Aspirin can be continued 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, salads and all cooked vegetables and fatty foods.

Sample foods with low fibre content is permitted 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

You may have breakfast with food with low fibre content (as above).

NO SOLIDS/FOOD CAN BE TAKEN FROM 12 NOON

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.

5pm (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.

DAY OF YOUR COLONOSCOPY

7am: Second dose: Follow the instructions for the first dose as above. Continue to drink clear fluids until **10am**.

STOP DRINKING FLUIDS AT 10AM

