

Bowel Preparation for Colonoscopy – Morning Procedure

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

- o You have diabetes
- o You take blood thinning medications such as warfarin, dabigatran (Pradaxa) rivaroxaban (Xarelto), apixaban (Eliquis), ticagrelor (Brilinta), clopidogrel (Plavix, Iscover, Piax)
- o 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

Special dietary instructions from your doctor. You may be asked to 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 only clear fluids such as water, clear broth, fruit juice, jelly, black tea and coffee (without milk), carbonated drinks, and oral rehydration solutions such as *Hydralyte*. Drink *at least* 10 glasses of clear fluids to maintain hydration.

6 pm: Take the first dose of Moviprep. Add the contents of one sachet A and one sachet B in 1 litre of warm water and stir until dissolved. Chill for half an hour then start drinking the entire mixture slowly over the next 2 to 3 hours.

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

9 pm: Take the second dose of Moviprep as per the instructions for the first dose.

Continue to drink clear fluids to stay hydrated.

ON THE DAY OF YOUR PROCEDURE

Stop drinking at 5 am.

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

If you have any questions about your colonoscopy or the bowel preparation instructions, please call the Ambulatory Care and Endoscopy (ACE) unit on 0297676111.