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Bowel Preparation for Colonoscopy

Morning Procedure

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

BEFORE YOU BEGIN — DISCUSS WITH YOUR DOCTOR OR NURSE IF:

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

STEP-BY-STEP TIMELINE

1 Week Before	Buy MOVIPREP (plain or orange flavour) from your local pharmacy — no prescription required. Stop taking: iron tablets, fibre supplements (Metamucil, psyllium, Benefiber), and loperamide (Imodium, Gastrostop).
2–3 Days Before	Special dietary instructions from your doctor. Please avoid: <i>Grains (brown rice, corn, oats, rye) • Nuts • Seeds</i>
Day Before — All Day	Clear fluids only. No solid food, milk, or dairy products. Drink over 2 litres of clear fluids throughout the day. Examples: <i>Water • Clear broth • Fruit juice • Jelly • Black tea or coffee (no milk) • Lemonade • Gatorade / Hydralyte</i>
Day Before — 7 pm	First dose of MOVIPREP: Prepare both litres by adding one Sachet A + one Sachet B to 1 litre of warm water. Stir until dissolved. Chill for 30 minutes, then drink the first litre slowly over the next 2 hours. <i>Stay near a toilet — bowel motions will begin within 2–3 hours.</i>
Day Before — 9 pm	Second dose of MOVIPREP: drink the second litre over the next 2 hours. Continue drinking clear fluids to stay hydrated.
Day of Procedure	Stop all fluids at least 2 hours before your scheduled 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.