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Bowel Preparation for Colonoscopy

Late Morning / Afternoon 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	<p>Buy MOVIPREP (plain or orange flavour) from your local pharmacy — no prescription required.</p> <p>Stop taking: iron tablets, fibre supplements (Metamucil, psyllium, Benefiber), and loperamide (Imodium, Gastrostop).</p>
2–3 Days Before	<p>Start a low-residue diet. Avoid the following:</p> <p><i>Grains (brown rice, corn, oats, rye) • Nuts • Seeds • Fruits • Vegetables</i></p>
Day Before — All Day	<p>Clear fluids only. No solid food, milk, or dairy products.</p> <p>Drink over 2 litres of clear fluids throughout the day. Examples:</p> <p><i>Water • Clear broth • Fruit juice • Jelly • Black tea or coffee (no milk) • Lemonade • Gatorade / Hydralyte</i></p>
Day Before — 7 pm	<p>Prepare both litres of MOVIPREP:</p> <p>Add one Sachet A + one Sachet B to 1 litre of warm water. Stir until dissolved. Repeat for the second litre.</p> <p>Chill for 30 minutes, then drink the first litre slowly.</p> <p><i>Stay near a toilet — bowel motions will begin within 2–3 hours.</i></p>
Day of Procedure — 6–7 am	<p>Drink the second 1-litre of MOVIPREP between 6 am and 7 am.</p>
Day of Procedure — 2 hrs before arrival	<p>Stop all fluids at least 2 hours before your scheduled arrival time.</p>

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.