

# Colonoscopy/Double Procedure Preparation – Clear Fluid Diet (Moviprep)

Proper patient preparation is very important to ensure that the procedure is both safe and successful. Please read and carefully follow the instructions below.

## What to bring:

- Referral letter from your Doctor
- Medicare Card (*Please inform staff when booking if you have no Medicare card, Interim Card or Reciprocal Card*)
- Private Insurance Card (if applicable)
- Pensioner/Health Care Card (if applicable)
- Repatriation (DVA) Card (if applicable)
- Account Payment (*St Albans Endoscopy Centre accepts Cash, EFTPOS, MasterCard or Visa to facilitate easy payment of accounts on the day*)
- Medications that you are currently taking
- Reading Glasses (if applicable) and glasses case

## Clothing:

- Wear light/loose casual clothing
- Do not bring valuables with you
- Do not wear makeup or jewellery
- Remove any nail polish

## General information:

- Dietary modification: -
  - For 2 days prior to the Colonoscopy or Double Procedure, avoid foods with grains, seeds or nuts
  - Follow the **CLEAR FLUID DIET**
  - CLEAR FLUIDS are: water, soda water, mineral water, cordial, sports drinks (not red/purple/blue), lemonade, apple juice (no pulp), black coffee/tea, clear soup (e.g. clear chicken broth), jelly (not red/purple)
- Medications:
  - **Stop any Iron Supplements 7 days before the procedure**
  - You can usually take all of your regular medications with a sip of water.
  - If you take **Warfarin(Coumadin/Marevan), Apixaban(Eliquis), Clopidogrel(Plavix/Iscover), Dabigatran(Pradaxa), Rivaroxaban(Xarelto), Ticagrelor(Brilinta), or Insulin** please seek advice at least 10 days prior to the procedure. Aspirin can be continued
  - Oral diabetes medications should be withheld on the morning of the procedure.
  - If you take the Oral Contraceptive Pill, you should *use additional contraception for 7 days* after the bowel preparation has commenced as the pill's absorption may be temporarily affected.
- Preparation Kit:
  - You will need to obtain "MOVIPREP"
  - This is available to purchase at St Albans Endoscopy or at your local pharmacy without a prescription

## Key information:

- The procedure time will be approximately 30 minutes
- The arrival time will be confirmed with you 1-2 days beforehand by the reception staff
- Allow 2-3 hours from your arrival time before you will be ready to go home
- Ensure you have someone drive you home afterwards
- You must follow the **Colonoscopy Instructions** to prepare for the colonoscopy
- On the day, your doctor will see you before and after the procedure to discuss the results
- You will receive a hard copy of the report. The report and all results will also be sent to your GP

Please Turn Over for the Preparation Instructions.

## Preparation

### MOVIPREP Instructions

Moviprep is a 2L preparation. To make-up each litre, mix sachet A + sachet B with 1L of water. The preparation can be made-up and chilled in the fridge beforehand if preferred.

## Diet Instructions

### THE DAY BEFORE YOUR COLONOSCOPY

- Have a light breakfast before 10am
- From 10am **only CLEAR FLUIDS** are allowed until your colonoscopy
- CLEAR FLUIDS are: water, soda water, mineral water, cordial, sports drinks (not red/purple/blue), lemonade, apple juice (no pulp), black coffee/tea, clear soup (e.g. clear chicken broth), jelly (not red/purple)
- Continue with the instructions below on how to take the MOVIPREP

MORNING COLONOSCOPY SCHEDULED (before 1pm)		AFTERNOON COLONOSCOPY SCHEDULED (after 1pm)	
<b>THE DAY BEFORE</b>		<b>THE DAY BEFORE</b>	
<b>7pm</b>	Drink the first litre of Moviprep (mix sachet A + B in 1L water). Drink 1 glass every 10-15 minutes until finished. Follow with 2 glasses of CLEAR FLUIDS ..... <b>Continue drinking CLEAR FLUIDS</b>	<b>7pm</b>	Drink the first litre of Moviprep (mix sachet A + B in 1L water). Drink 1 glass every 10-15 minutes until finished. Follow with 2 glasses of clear fluids ..... <b>Continue drinking CLEAR FLUIDS</b>
<b>ON THE DAY</b>		<b>ON THE DAY</b>	
<b>4hrs before admit time</b>	Drink the second litre of Moviprep (mix sachet A + B in 1L water). Drink 1 glass every 10-15 minutes until finished. Follow with 2 glasses of CLEAR FLUIDS then stop all fluids	<b>8am</b>	Drink the second litre of Moviprep (mix sachet A + B in 1L water). Drink 1 glass every 10-15 minutes until finished. Follow with 2 glasses of CLEAR FLUIDS
<ul style="list-style-type: none"> <li>• <b>STOP ALL FLUIDS</b> after your last dose of Moviprep and 2 glasses of clear fluids. You should not drink for at least 3 hours before your admission time.</li> <li>• Regular medications with a sip of water is OK.</li> <li>• Do not take diabetes medications.</li> <li>• Arrive at scheduled admission time.</li> </ul>		<ul style="list-style-type: none"> <li>• <b>STOP ALL FLUIDS from 10 am</b></li> <li>• Regular medications with a sip of water is OK.</li> <li>• Do not take diabetes medications.</li> <li>• Arrive at scheduled admission time.</li> </ul>	

## AFTER THE PROCEDURE:

- Please note that your admission time is not the exact time of your procedure. Please allow approximately 3 hours from your admission time before you are ready to be discharged
- Because of the sedative you will receive during the procedure:
  - You are not allowed to drive or operate machinery until the following day
  - You should arrange return transport and ensure a responsible adult stays with you overnight
  - It is recommended that you do not sign any legal documents until the following day