



GASTROSCOPY • DIAGNOSTIC AND THERAPEUTIC COLONOSCOPY • WIRELESS CAPSULE ENDOSCOPY

DR BERNARD CHIN MBBS (Adelaide) FRACP (Australia) Gastroenterologist
DR JOHN OMBIGA MBBS FRACP (Australia) Gastroenterologist

Flexible Sigmoidoscopy Preparation Instructions With Bowel Prep

Flexible Sigmoidoscopy Preparation Requirements:

- You will need to purchase 1 x box of Moviprep from your local pharmacy. This will contain 2 x sachets of Moviprep; however, you will only need to consume **one** sachet.
- After lunch time the day before your procedure, you will only be able to have clear fluids. Clear Fluids are water, black tea & coffee, clear soup, orange or lemon cordial/sports drinks and clear apple or pulp free fruit juice.
- 5 hours prior to your admission time, start consuming 1 Litre of Moviprep over 90 minutes with an extra 500mls of clear fluids.
- Nil by mouth as of 3 hours prior to your admission time.

You will be provided a Fleet Enema upon arrival for your procedure.

Any necessary medications can be taken as per usual, unless otherwise instructed.

Please advise our reception staff IF:

- You are a Diabetic,
- Take blood thinning medication,
- Have a Pacemaker, Defibrillator or any heart valves or stents.

Hospital Policy:

Patients are NOT permitted to drive or operate machinery until the following day. It is not advisable to fly on an aircraft on the day of the procedure.

You will require an escort home (this does NOT include a public bus or taxi driver) and someone to stay with you after the procedure. If you do not provide details of an escort to the hospital, your procedure will be cancelled.

Cancellation Policy:

If you are unable to attend or need to reschedule your procedure, please advise our Medical Receptionist at least 48 hours prior to your appointment to avoid a 5% administration charge being withheld.

If you have any additional questions that are not covered in this information pack, please contact our Medical Receptionist on (07) 4041 2877.

Thank you,
Cairns Gastroenterology.