



CAIRNS GASTROENTEROLOGY

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SERVICE IN FAR NORTH QUEENSLAND

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Bowel preparation using MOVIPREP 2L

Morning Procedure

Continue to drink water up to 2 hours prior to procedure time.

You will need to purchase the following from your local pharmacy:

- **1X BOX OF MOVIPREP**

Patient Enquiries Phone (07) 4041 2877

(During Office Hours)

IMPORTANT

PLEASE READ AND FOLLOW ALL INSTRUCTIONS

Drink all the required fluids to increase diagnostic accuracy and to avoid possibility of a repeat examination.

Preparing for your procedure

Your doctor wants to examine your large intestine (also called bowel or colon). This is a simple process, but first your bowel must be totally empty and clean so the doctor can see clearly. Before your examination your doctor wants you to take MOVIPREP. This product is designed to empty and clean your bowel.

IMPORTANT: Please take all your usual medications unless otherwise instructed. If you have any questions, please call us on (07) 4041 2877.

Day	Time	Diet, drink and medications
Seven days before procedure		Stop taking all iron supplements, but continue all other medications
Three days before procedure		Begin a 'low-residue' diet and avoid all foods on the 'avoid' list. Avoid foods that contain nuts, whole grains, skins, seeds and fibre THERE IS A SUGGESTED MENU FOR THESE 3 DAYS ON THE BACKPAGE
One day before procedure	7am to 8am	Breakfast from the 'allowed' foods list
	9am	Make sure you have finished eating your breakfast by 9am
	DO NOT HAVE ANY MORE FOOD AFTER 9AM Continue to have clear fluids (see clear fluids table)	
	5pm to 6pm	Take the first MOVIPREP dose. Pour one sachet marked A and one sachet marked B into a jug. Make up one litre by adding room temperature water. Stir until dissolved. This can take up to five minutes. You should aim to drink one glassful (250ml) of the MOVIPREP every 15 to 30 minutes until you have drunk it all. This should take you between one and two hours to finish the jug. Please do not drink too fast as it may make you feel sick.
	6pm to 7pm	Over the course of the next hour drink two more glasses of water (total of 500ml) or other clear fluids to prevent you from being thirsty or feeling dehydrated. During this time stay close to a toilet as you will begin to experience watery bowel movements. Prepare the second jug on MOVIPREP by mixing another sachet marked A and one marked B into a jug to make one litre.

FOR EARLY MORNING APPOINTMENTS (ADMISSION TIME BETWEEN 7AM – 9AM):

One day before procedure continued For early morning appointments 7-9am	8pm to 9pm	Take the second MOVIPREP dose. You should aim to drink one glassful (250ml) of the MOVIPREP every 15 to 30 minutes until you have drunk it all. This should take you between one and two hours to finish the jug. Please do not drink too fast as it may make you feel sick.
	10pm to 11pm	After you have finished, over the course of the next half an hour drink at least two more glasses (up to 800ml) of water or other clear fluids. During this time stay close to a toilet as you will begin to experience watery bowel movements. Allow 2 hours for MOVIPREP to work.
	Up to 11pm	Make an effort to drink additional clear fluids until 11pm.
On the day of your procedure	Morning	In the morning, continue to drink water up until you leave the house.

FOR LATE MORNING APPOINTMENTS (ADMISSION TIME BETWEEN 9AM – 12PM):

On the day of your procedure For late morning appointments 9-12pm (midday)	Start 5 hours before your admission	Take the second MOVIPREP dose. You should aim to drink one glassful (250ml) of the MOVIPREP every 15 to 30 minutes until you have drunk it all. This should take you between one and two hours to finish the jug. Please do not drink too fast as it may make you feel sick.
		After you have finished, over the course of the next half an hour drink at least two more glasses (up to 800ml) of water or other clear fluids. During this time stay close to a toilet as you will begin to experience watery bowel movements. Allow 2 hours for MOVIPREP to work.
Up to 2 hours before appointment		In the morning, continue to drink water up until you leave the house.

You must remember to complete the entire preparation to ensure the most effective cleansing.

The following table suggests types of foods to avoid and those allowed during the three days leading up to your procedure:

AVOID	ALLOWED
Tough, fibrous meat, hamburgers, beef burgers and sausages	Tender, lean meat such as poultry, ham, liver or kidney and fish
Sausage rolls, pasties, pies and pastries	Tofu and meat substitutes
Whole fruit, muesli, yoghurts	Eggs
Jacket potatoes (specifically the skin) All green vegetables and all vegetables not mentioned in the 'allowed' list All fruit and vegetable skins and seeds Baked beans, tomatoes, corn and peas	Potatoes without skins, which can be boiled, mashed, roasted or chipped Well-cooked cauliflower florets (without stalks), carrots, turnip or pumpkin (without skin)
Thick vegetable soup	Strained clear soups, broths, beef tea
Wholemeal, seeded or grainy breads, brown rice, wholemeal flour and whole wheat pasta	Clear, non-coloured jelly (without fruit)
High fibre crisp breads and biscuits, such as Digestives	White bread, white rice, white pasta, white cereals (i.e., Rice Bubbles) without milk
Cakes containing dried fruit, or anything else with pips Butter, margarine, fats and oils, peanut butter, jams and marmalades with skin, mustard, relishes	Plain biscuits and crackers (no fillings or toppings) Plain sponge cake or plain scones without fruit
All high fibre breakfast cereals, porridge, bran	Jam and marmalade without skin or pips, vegemite, honey
All cheese (hard and soft), cottage cheese, cheese sauce	Black tea or coffee (with or without sugar)
All drinks containing milk	Water, fizzy drinks (not red, blue or purple)

Instructions for mixing your MOVIPREP solution:

INSTRUCTIONS FOR MIXING YOUR MOVIPREP SOLUTION

steps 1, 2 and 3

1. Open one of the clear bags and remove the sachets marked sachet A and sachet B
2. Empty the contents of sachet A and sachet B into a container (minimum 1 litre).
3. Add 1 litre of water (not chilled) and stir until all the powder has dissolved and the MOVIPREP solution is clear or slightly hazy. This may take up to 5 minutes



This solution is designed to give you watery diarrhoea. Your bowel motions will become clearer and clearer and will eventually look like urine, yellow water or beer. Please check the toilet bowl to see whether this is happening. If required apply a water repellent cream (lanolin, Vaseline, Amolin) to your anal area before the diarrhoea commences.

Clear fluids – whilst on clear fluids you are allowed the following:

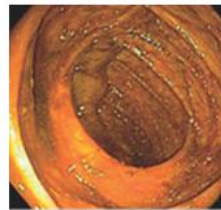
Water, black tea, black coffee (no milk)	Clear or strained soup (strain any bits out before drinking)
Yellow or orange jelly	Beef tea, yeast (such as Bovril, Bonox or stock cubes)
Yellow or orange cordial (no red, green, purple, blue) Fruit juice (pulp free orange or clear apple)	

Suggested low-residue menu plan

Breakfast	Lunch/Dinner	Snacks
Juice – clear apple, pear, white grape Small bowl Rice Bubbles (without milk) Eggs (x2) – poached, boiled or scrambled (no milk) Crumpets and honey Pancakes Black coffee, black tea	Clear soup/broths Lean meat Skinless potato or pumpkin White rice, pasta White bread sandwich	Rice cakes Plain cake, scones, pancakes Black coffee, black tea Jelly



Excellent Bowel Preparation



Poor Bowel Preparation

If you are unsure of any aspects of the preparation or you are having any adverse reaction or any problems, please contact us on (07) 4041 2877 (during office hours) or your nearest emergency department (after hours).

You have now completed your preparation for your examination. It is important to consume ONLY CLEAR FLUIDS until otherwise instructed.