

MORNING PROCEDURE

COLONOSCOPY INSTRUCTIONS USING MOVIPREP®

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 it clearly.

Please read all of the instructions ahead of time so you are adequately prepared for the procedure

A Few Days BEFORE YOUR PROCEDURE

Purchase 1 box of MOVIPREP® (Macrogol 3350, sodium sulphate, sodium chloride, potassium chloride, sodium ascorbate and ascorbic acid) powder for oral solution. If you tend to get constipated, or sometimes require a laxative, talk to your physician. Schedule a ride home from the centre after the procedure.

Additional instructions from your Doctor:

Avoid foods that contain nuts, whole grains, skins and seeds 3 days prior to your procedure

1 DAY BEFORE YOUR PROCEDURE

Have a light breakfast and a light lunch such as soup, still avoiding foods containing nuts, whole grains, skins or seeds (please do not be tempted to eat a heavy / solid meal). Nothing to eat after lunch, but it is important to continue to drink clear fluids to keep you well hydrated.

Additional instructions from your Doctor:

CLEAR LIQUID RECOMMENDATIONS

Clear fluids include – water, black tea or coffee, clear soup, soft drink and cordial (**no red, green, purple or blue**), strained fruit juice **NO pulp**, yellow or orange jelly only (**no blackcurrant or any red or purple jelly**), sports drinks eg Gatorade (**no red, green, purple or blue**)

Additional instructions from your Doctor:

SPECIAL INSTRUCTIONS FROM YOUR DOCTOR

If at any time whilst you are preparing for the procedure you feel weak or dizzy, it may help to suck on a barley sugar.

COLONOSCOPY INSTRUCTIONS USING MOVIPREP®

MORNING PROCEDURE

You are taking MOVIPREP to make your bowels clean so that they are ready for examination or surgery. MOVIPREP works by emptying the contents of your bowels, so you should expect to have watery bowel movements.

Inside the box of MOVIPREP there is a Patient Information Leaflet (PIL) which you should read. In addition to the PIL there are 2 clear bags. Each bag contains 1 sachet A and 1 sachet B making a total of 4 sachets. Following the instructions below, you will use all 4 sachets to complete your prep. **You must complete the entire prep to ensure the most effective cleansing, as inadequate cleansing of your bowel will prevent thorough examination.**

It is important that you follow your physician's instructions regarding consumption of clear liquids before your colonoscopy. Clear liquid recommendations are on the reverse of this sheet and also appear on the Patient Information Leaflet in the box of MOVIPREP.

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



FIRST DOSING REGIMEN Day Before Procedure - Start time 4:00 PM step 4 and 5

4. Drink the first litre of the MOVIPREP solution over one to two hours. Try to drink a glassful (250ml) every 10 – 15 min until you have taken all the MOVIPREP solution
5. After you have finished, over the course of the next half hour drink two more glasses of water or other clear fluids to prevent you from being thirsty or feeling dehydrated. During steps 4 and 5 stay close to a toilet as you will begin to experience watery bowel movements. Allow approx 2 hours for MOVIPREP to work.
6. Prepare the second container of MOVIPREP by repeating steps 1, 2 and 3



step 6



SECOND DOSING REGIMEN 6:00 PM

7. Drink the second litre of the MOVIPREP solution over one to two hours. Try to drink a glassful (250ml) every 10 – 15 min until you have taken all the MOVIPREP solution
8. After you have finished, over the course of the next half hour drink two more glasses of water or other clear fluids to prevent you from being thirsty or feeling dehydrated. During steps 7 and 8 stay close to a toilet as you will begin to experience watery bowel movements. Allow 2 hours for MOVIPREP to work. When you are no longer experiencing watery stools go to bed as usual.
9. Make an effort to drink additional clear fluids until 11.00 PM. At that point, it is important not to consume anything until after your colonoscopy

Step 7 and 8



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

Please Note: As with all pharmaceutical products always read the label

If unclear on any instructions please ring
our surgery on **49563244**

AFTERNOON PROCEDURE

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AFTERNOON PROCEDURE

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steps 1, 2 and 3

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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



FIRST DOSING REGIMEN Day Before Procedure - Start time 6:00 PM

step 4 and 5

4. Drink the first litre of the MOVIPREP solution over one to two hours. Try to drink a glassful (250ml) every 10 – 15 min until you have taken all the MOVIPREP solution
5. After you have finished, over the course of the next half hour drink two more glasses of water or other clear fluids to prevent you from being thirsty or feeling dehydrated. During steps 4 and 5 stay close to a toilet as you will begin to experience watery bowel movements. Allow 2 hours for MOVIPREP to work. When you are no longer experiencing watery stools go to bed as usual.

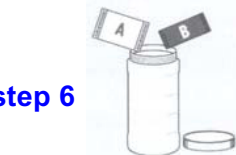


SECOND DOSING REGIMEN Day of your Procedure 6:00 AM

step 6

6. Prepare the second container of MOVIPREP by repeating steps 1, 2 and 3.
7. Drink the second litre of the MOVIPREP solution over one to two hours. Try to drink a glassful (250ml) every 10 – 15 min until you have taken all the MOVIPREP solution
8. After you have finished, over the course of the next half hour drink two more glasses of water or other clear fluids to prevent you from being thirsty or feeling dehydrated. During steps 7 and 8 stay close to a toilet as you will begin to experience watery bowel movements. Allow 2 hours for MOVIPREP to work.

Step 7 and 8



9. Make an effort to drink additional clear fluids until 11.00 AM or to the time the hospital advises. At that point, it is important not to consume anything until after your colonoscopy

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

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our surgery on **4956 3244**