

Colonoscopy Split Prep Instructions- Moviprep

Colonoscopy is a procedure used to inspect the large bowel (colon). Colonoscopy is considered to be the most accurate test of the colon. Before the procedure you will be given a sedative intravenously to make you sleepy. The colonoscope is inserted through the back passage and the lining of the bowel is examined. If polyps are found they are usually removed at the time of the examination. The procedure is not painful and you may not remember much about it.

Serious complications of colonoscopy are very rare (less than one in two thousand examinations). However, complications can occur and include the following: perforation, major bleeding, spleen injury, aspiration, reaction to anaesthetics or bowel preparation. It is possible if these serious complications occur that you may require surgery or a blood transfusion.

Please advise us if you are taking medications for diabetes or blood-thinners as they may need to be stopped up to 1 week prior to the procedure. If you are on iron tablets these should be stopped 3 days prior to the test. You can continue taking Aspirin.

Someone must accompany you home from the procedure because of the sedatives used during the examination. A responsible adult must stay with you overnight. Even if you feel alert after the procedure, the sedatives can affect your judgment and reflexes for the rest of the day. **You must not drive until the next day.**

In order to get the best possible view and make the colonoscopy easier, **a bowel preparation is required.** Your colon needs to be cleaned of all waste material; the bowel fluid should turn a clear, pale yellow with no solid material. Please inform us if you are prone to constipation or had previously failed bowel preparation as you may have to take extra laxatives prior to your procedure. **Moviprep** can be purchased at most pharmacies, your local pharmacist will be able to get it for you if it is not in stock.

Please follow these bowel preparation instructions carefully. You must complete all the bowel preparation even if stools are clear.

3 Days prior to the procedure

avoid foods that contain nuts, whole grains, skins, seeds or fibre.

2 Days prior to the procedure start White Diet

White Diet

1. Milk, plain yoghurt, margarine/butter, vanilla ice cream/lemon sorbet, white chocolate.
2. Plain cream cheese, cottage cheese, ricotta cheese, tasty cheese, feta cheese, white ice-cream.
3. Egg whites, mayonnaise, white sauce, cream, sour cream.
4. White rice/pasta/peeled potatoes.
5. White bread/toast, plain rice crackers, rice bubbles.
6. Chicken breast (no skin), grilled white fish fillet
7. Clear soup
8. Any desired fluid.

MORNING PROCEDURE	AFTERNOON PROCEDURE
<p><u>One day before procedure</u> Follow White Diet all day until 6pm. You may also have any liquids on the approved list below. Avoid foods containing nuts, grains, skins, seeds or fibre.</p>	<p><u>One day before procedure</u> Follow White Diet all day until 8pm. You may also have any liquids on the approved list below. Avoid foods containing nuts, grains, skins, seeds or fibre.</p>
<p>ONLY CLEAR FLUIDS FROM 6PM UNTIL 2 HOURS BEFORE THE PROCEDURE</p>	<p>ONLY CLEAR FLUIDS FROM 8PM UNTIL 2 HOURS BEFORE THE PROCEDURE</p>
<p><u>At 6 pm</u> consume your 1st dose of Moviprep (chilled if desired). Over the next 1 ½ hrs (90 mins) drink the Moviprep plus at least 2 cups of clear liquids. It is important to finish ALL the Moviprep and clear fluids CONTINUE DRINKING CLEAR FLUIDS</p>	<p><u>At 8 pm</u> consume your 1st dose of Moviprep (chilled if desired). Over the next 1 ½ hrs (90 mins) drink the Moviprep plus at least 2 cups of clear liquids. It is important to finish ALL the Moviprep and clear fluids CONTINUE DRINKING CLEAR FLUIDS</p>
<p><u>4 hours prior to admission</u> (or as close to the admission time as practical) consume your 2nd dose of Moviprep. Drink the Moviprep plus at least 2 cups of clear liquids. It is important to finish ALL the Moviprep and clear fluids</p>	<p><u>At 8 am on the procedure day</u> consume your 2nd dose of Moviprep. Drink the Moviprep plus at least 2 cups of clear liquids. It is important to finish ALL the Moviprep and clear fluids</p>
<p>CONTINUE DRINKING CLEAR FLUIDS UNTIL 2 HOURS BEFORE PROCEDURE</p>	
<p>IMPORTANT: STOP ALL FLUIDS 2 HOURS PRIOR TO YOUR PROCEDURE</p>	

Clear Fluids:

water, soft drink, black tea, black coffee (no milk), Bonox, clear soup (must be strained with no particles), clear fruit juice (apple and grape juice), Lucozade / sports drinks, cordial and yellow jelly. No red, purple nor green coloured liquids.