

# Colonoscopy preparation

## MoviPrep

### AM appointment

First name:

Surname:

#### Appointment details

Date:

/

/

Time:

Consultant:

Site:

Please read the information thoroughly and follow all instructions carefully. **A prerequisite for a complete and safe colonoscopy is a completely clean colon.** This is achieved with **MoviPrep**, which is available from your pharmacy. Contact your pharmacy two days before to check if they have some in stock. **MoviPrep** is a powder that consists of saline and a variety of electrolytes. When mixed with water and drunk, it liquifies the stool and cleanses the bowel. Only by carrying out the bowel preparation as per instructions will the colon be clean for the procedure to be carried out. An inadequate preparation may result in an incomplete examination and missed pathology, such as polyps.

#### Please contact us immediately if you:

- Suffer from any medical condition that may require specialised care or treatment during the preparation and/or procedure.
- Are taking **warfarin, clopidogrel (Plavix), dabigatran (Pradaxa) or any blood thinning medication** regularly. These may need to be discontinued prior to your colonoscopy. Please discuss this with your GP and/or cardiologist to determine if it is safe to stop taking them.
- Have a pacemaker.

If you are taking **iron tablets**, please discontinue to take them **one week prior** to your examination.

**Three days before** your appointment, avoid eating food with high fibre, pips and seeds, e.g. passionfruit, kiwifruit, tomatoes, sesame, poppy seeds, wholegrain bread, cereals containing seeds etc.

## Preparation

### One day before your procedure

Have a light breakfast and light lunch (see next page for suggestions). After this, only take clear fluids until your procedure is complete. Clear fluids include clear packet soup (not canned), plain orange or yellow jelly, tea and coffee (**without milk**), Marmite or Bovril drinks, clear fruit juice, clear ice blocks, water and sports drinks, e.g. Powerade.

**Do not drink anything coloured red or purple or any alcoholic beverages.**

### First dose of MoviPrep

The **evening before** your colonoscopy, beginning at 6–7pm:

#### Step 1: Mix first dose

1. Empty the contents of one sachet A and one sachet B MoviPrep powder into an empty container.
2. Add one litre of water (not chilled) and stir until the powder has dissolved and the MoviPrep solution is clear or slightly hazy. This may take up to five minutes.

#### Step 2: Drink first dose

3. Drink one glass (250ml) of the MoviPrep solution about every 15–20 minutes until the container is empty.
4. After finishing drinking the MoviPrep, drink a glass (250ml) of **clear fluid** every 15 minutes for the next hour.

Allow two hours for the MoviPrep solution to work. You will experience increasingly watery stools. This is normal, so ensure you are close to a toilet. We recommend you continue drinking clear fluids.

The **second dose of MoviPrep** is best taken **4–6 hours before** your appointment time. **If you cannot take it 4–6 hours before your appointment time, take it between 11pm and midnight the night before. Follow steps 1 and 2 when taking your second dose of bowel preparation.**

Remember: **no solid food** once you start drinking the MoviPrep solution. Continue drinking clear fluids until one hour before your procedure then stop and remain nil by mouth until your procedure.

**If you are having a gastroscopy at the same time, continue drinking clear fluids for two hours before the procedures, then stop and remain nil by mouth until your procedure.**

**If you have any questions or are uncertain about the preparation or experience any problems while following our instructions, please contact our Endoscopy Clinic, or, if after hours, the Clinical Nurse Advisor on 09 623 5700.**

Because sedation is generally used during the procedure, it is important that you **do not drive or operate machinery for 12 hours** afterwards. Your expected time of stay in hospital is about two hours. Please arrange for someone to drive you home at the end of the examination.

Things you will need to bring to your appointment:

- Any private bowel X-rays
- A list of any current medication
- Your referral from your doctor

## Managing any side effects

We recommend that you drink the **MoviPrep** at home, where you can be close to a toilet. If you have a dry mouth or are feeling dehydrated, drink more fluids or ginger ale or Powerade. If you are feeling nauseous, ginger ale may help due to its anti-nausea properties.

One or two boiled sweets or glucose sweets may help with the taste. For variation of taste try some clear fluids while taking your bowel preparation.

If you feel bloated, try a short walk around the house or garden, and slow the pace of drinking.

If you feel shivery and cold, wrap up warmly.

It is normal for anal soreness to occur during the cleansing of the bowel. To minimise this, Vaseline can be used on the anus before the MoviPrep is commenced.

## Suggested diet before your colonoscopy:

### Breakfast

Cornflakes, rice bubbles (use reduced fat milk only), eggs, omelettes, spaghetti, white bread or toast (not high fibre), plain crackers (not wholemeal or multigrain), butter, margarine, honey, Marmite, Vegemite.

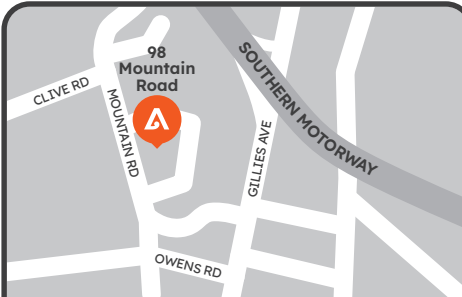
### Lunch

Clear or strained soups, white bread or toast (not high fibre), crackers (not wholemeal), cheese, eggs, omelettes, fish, chicken (not fried or highly seasoned), white rice, plain pasta, skinless potatoes or kumara, plain scones, plain biscuits e.g. arrowroot and wine biscuits.

## Payment details


- We advise that you apply to your insurance company for prior approval before your admission (except Southern Cross members).
- Bring your prior approval number or letter to your appointment.
- Your account will be given to you on completion of your examination to forward to your insurance company for settlement.
- If you do not wish to apply for prior approval or do not have medical insurance, we will calculate **an estimated total cost** of your procedure, which will be charged on admission.
- On completion of your stay, your account will be processed and the amount adjusted accordingly. The total amount charged varies from patient to patient, and any extra charges will be expected to be settled on discharge.

## Locations



A map showing the location of Allevia Endoscopy Epsom. The map highlights 98 Mountain Road, with surrounding streets including Clive Rd, Mountain Rd, Gillies Ave, Owens Rd, and the Southern Motorway.

**Allevia Endoscopy Epsom**  
📍 Allevia Hospital Epsom  
98 Mountain Road, Epsom,  
Auckland 1023  
☎ 09 623 5725



A map showing the location of Allevia Endoscopy North Shore. The map highlights 46 Taharoto Road, with surrounding streets including Northcote Rd, Karaka St, Taharoto Rd, Ngaio St, Rangitira Ave, and the Northern Motorway.

**Allevia Endoscopy North Shore**  
📍 46 Taharoto Road, Takapuna,  
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☎ 09 486 4346

**Allevia**  
**Endoscopy**  
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