

# PATIENT INSTRUCTION SHEET FOR MOVIPREP

Appointment Day: [ ] Date: [ ] Time: [ ]

**MOVIPREP** is a purgative solution that can be purchased from the pharmacy. The successful examination of your bowel relies on the large bowel being as clean as possible. Please follow the instructions carefully.

**[ ] DAY 3 Days Prior to your procedure:**

If you tend to get constipated, or sometimes require a laxative, talk to your physician

**STOP EATING FOODS THAT CONTAIN NUTS, WHOLE GRAINS, SKINS or SEEDS.**

**AVOID:** Wholegrain bread, fibre enriched white bread, wholemeal (brown) rice or pasta, muesli, oats (porridge). Dishes containing vegetables, legumes, such as beans or lentils. Raw fruit and vegetables. Dried fruit and nuts and seeds.

**ALLOWED :** White bread / panini / muffin (plain or toasted), cornflakes, rice bubbles, lean Meat, poultry, fish, mince, white rice, white pasta, skin free potato or pumpkin mashed / steamed or baked, Crackers e.g. sao, jatz, cruskits, Milk, plain yoghurt, cheese, sour cream, butter/margarine, eggs, vegemite, honey.

**Drink plenty of fluids, approximately 3 litres throughout the day**

**PLEASE NOTE:** As with all pharmaceutical products please read the MOVIPREP instructions carefully.

If you have any questions please talk to your Doctor or Nurse.

DO NOT take oral medication 1 hour either side of drinking your MOVIPREP.

Please follow instructions given by your Doctor regarding medications

Morning Procedure (7am - 2pm):	Afternoon Procedure (2pm - 6pm):
<p><b>[ ] DAY: The day before your procedure:</b> have breakfast, still avoiding foods containing nuts, whole grains, skins or seeds. <u>After this meal you will be on CLEAR FLUIDS ONLY</u> until instructed otherwise</p> <p><b>1st dose At 4pm</b> (earlier if preferred) Prepare and then Drink the 1 litre of MOVIPREP over 1 hour (1 cup every 15mins is recommended). Follow by 500mls (2 cups) of clear fluids in the next 30mins.</p> <p>MOVIPREP can be interspersed with clear fluids if preferred.</p> <p>It is important to finish the full 1L of MOVIPREP.</p> <p>Continue clear fluids</p> <p><b>2nd dose at 7pm</b> (or a min 2hrs since finishing your first dose of MOVIPREP) prepare your second dose of MOVIPREP. Repeat as above.</p> <p><b>Continue consuming clear fluids.</b> Water only to a maximum of 250ml per hour until 2 hours prior to procedure time.</p>	<p><b>[ ] DAY: The day before your procedure:</b> Have breakfast and lunch, still avoiding foods containing nuts, whole grains, skins or seeds. <u>After this you will be on CLEAR FLUIDS only.</u></p> <p><b>1st dose: At 6pm</b> (earlier if preferred) Prepare and then drink the 1 litre of MOVIPREP over 1 hour (1 cup every 15mins is recommended). Follow by 500mls (2 cups) of clear fluids in the next 30mins. Commence with MOVIPREP but clear fluids can be interspersed with MOVIPREP if preferred. It is important to finish the full 1L of MOVIPREP.</p> <p>Continue clear fluids</p> <p><b>2nd dose: [ ] DAY: ON the day of your procedure: 8 hours prior admission</b> At [ ] prepare your second dose of MOVIPREP. Repeat as above.</p> <p><b>Continue consuming clear fluids</b> Water only to a maximum of 250ml per hour until 2 hours prior to procedure time</p>

THE PREPARATION WORKS QUICKLY AND THE EFFECTS LAST FOR 2-3 HOURS, or longer in some cases, therefore, you will need nearby access to toilet facilities, plan your day accordingly. The preparation will cause multiple bowel movements and watery stools.

**Approved Clear Fluids:** Water, black tea or coffee, clear soup/broth, soft drink or cordial (no red, green or purple), Pulp free orange juice or clear apple juice, yellow or orange jelly, electrolyte drinks eg Gatorade, No milk. Pease ensure you have a variety of different fluids.

**[ ] DAY OF EXAMINATION**

Take your usual medication (heart, blood pressure tablets) with a sip of water.  
Continue drinking **water only** until **2 hours prior to the admission time.**

**Admission time:** [ ]

**Please FAST from:** [ ]

Admission time is subject to change please allow for appropriate scheduling.  
A staff member will ring 1-2 days prior to confirm all arrangements.

## How to take MOVIPREP®

1. Each box of MOVIPREP® contains
  - 2 clear bags. Each contains
  - 2 sachets, marked A and B.
2. Open one clear bag and remove sachets A and B.
3. Empty the contents of sachet A and sachet B into an empty jug.
4. Add 1 litre of water (not chilled).
5. Stir the solution until the powder has dissolved and the MOVIPREP® solution is clear or slightly hazy. This may take up to 5 minutes.
6. Drink one glassful (250ml) of MOVIPREP® about every 15 minutes until the jug is empty.
7. Over the course of the next half hour, drink 2 x 250mL glassfuls of clear fluid.

**When you are due to take the second litre of MOVIPREP® follow steps 1-7 again for the other sachets A and B in the second clear bag.**

