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MOVIPREP Bowel Prep Patient Instructions

Your doctor needs to clearly see your bowel during the procedure. To prepare, you'll need to follow a special diet and take a bowel cleanser called **MOVIPREP**. This can be purchased from a pharmacy without a script.

7 - 10 DAYS BEFORE YOUR PROCEDURE

A Nurse from Northern Rivers Gastroenterology will phone you to discuss the procedure and advise on medication instructions. **Please ensure that you write down all instructions given to you on this call.**

If you suffer from constipation or have a history of constipation and/or usually eat a high fibre diet, please advise the nurse of this when you speak to her.

Instructions from Nurse

-please write down any instructions the nurse gives you when she phones to confirm your procedure:

_____

_____

STOP TAKING: _____

CONTINUE TAKING: _____

SWITCH TO: _____

3 DAYS BEFORE YOUR PROCEDURE

Start a low-fibre diet - Avoid foods with seeds, skins, nuts, grains or high fibre.

✅ **You CAN eat:**

- ✅ White bread, white rice & white pasta
- ✅ All meats, eggs, Tofu, Soya
- ✅ All dairy – avoiding anything containing seeds or nuts
- ✅ Clear fruit juice, coffee, all milk varieties
- ✅ Aim to **drink 6–8 glasses of fluid daily**.

❌ **You CANNOT eat:**

- ❌ Wholegrains, fruit - especially passionfruit, vegetables, muesli
- ❌ High-fibre cereals, baked beans, lentils
- ❌ Casseroles or dishes containing vegetables
- ❌ Coconut, Avocado, dried fruit, ALL seeds
- ❌ Avoid all fibre supplements e.g – Metamucil
- ❌ Protein Powder/Shakes
- ❌ Alcohol

LOW FIBRE DIET		
Breakfast	**Lunch/Dinner**	**Snacks**
• Juice - pulp free - apple, pear • Plain yoghurt (no fruit or nut topping) Cornflakes/Rice Bubbles • Eggs • Hash browns • White toast / Low fibre plain muffin • French toast, cinnamon sugar • Croissants - plain or ham and cheese • Crumpets / Pancakes • Brioche/ Sourdough • Honey / Sugar • Water, Soft Drink, Tea, Coffee, Sports drinks • All milk varieties	• Lean beef, pork, lamb, veal, fish, poultry • Potato or pumpkin (skinless)- baked,steamed,mashed & potato salad • Pasta carbonara / Mac N Cheese • Sandwich - White Bread/Roll/Panini: chicken, ham (no mustard), Tuna, turkey, pastrami, corned beef, cheese, egg • Clear soups, broths • Baked rice custard, • Chocolate mousse • Vanilla Ice cream / Custard • Water, Soft Drink, Tea, Coffee, Sports drinks • All milk varieties	• Cheese and plain crackers • Rice cakes • Ham quiche • Wedges with sour cream • Cake based on white flour • Biscuits based on white flour Chocolate biscuits — no nuts • Cheesecake - no wholemeal crust • Scones / Pikelets / Doughnut • Vanilla slice / Custard tart • Water, Soft Drink, Tea, Coffee, Sports drinks • All milk varieties

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THE DAY BEFORE YOUR PROCEDURE

🕐 **Before 8am** - You may have a low-fibre breakfast, still avoiding nuts & seeds.

❌ **After breakfast: DO NOT EAT ANY FOOD OR MILK AFTER 8AM THE DAY BEFORE . CLEAR FLUIDS ONLY.**

Allowed Clear fluids: Water, black tea, black coffee, clear / strained juice, broth, beef tea, Sports drinks, carbonated drinks, cordial & jelly - **MUST** only be Yellow or Orange in colour.
Drink 1 cup of clear fluid every hour

🕐 **11AM -** ☎ Phone the hospital where you are having your procedure to find out your time of admission.
CONTINUE ON CLEAR FLUIDS ONLY - REGARDLESS OF YOUR ADMISSION TIME!

🕐 **4:00 PM – If wanting to consume the MOVIPREP Chilled ❄❄**
Follow the below instructions, then put in fridge to chill & Prepare at least 500 mL (2 cups) of extra clear fluids

MOVIPREP INSTRUCTIONS
(DISREGARD THE INSTRUCTIONS IN THE BOX & FOLLOW OUR INSTRUCTIONS ONLY!)

Each box of MOVIPREP contains 2 clear bags:
- Each bag contains 2 sachets marked **A** and **B**.

1. Open 1 clear bag and remove sachets A and B.
2. Empty contents of both sachets into an empty jug with a 1 Litre mark.
3. Add water (not chilled) and make 1 Litre of solution.
4. Stir the solution until the powder has dissolved and the MOVIPREP solution is clear or slightly hazy. This can take up to 5 mins.
- You can chill the MOVIPREP before drinking, if preferred.

5. Drink an extra 500 mL of clear fluid. You can alternate the clear fluid with the MOVIPREP if you wish.
6. Open remaining clear bag and remove sachets A and B. Repeat steps 3-6 as noted above.

You can drink extra clear fluids as needed to avoid thirst. Drinking clear fluids will help prevent fluids loss (dehydration).



❌ **DO NOT take oral medication within 1hr of consuming Moviprep. Wait 1hr after consuming if required.**

🕐 **6:00 PM – Drink MOVIPREP Dose 1**

Over 90 minutes, drink 1 litre MOVIPREP. Then drink at least 500 mL (2 cups) of extra clear fluids
(Tip: You can alternate sips between MOVIPREP and fluids if easier)

🕐 **Before Bed -** Prepare MOVIPREP Dose 2 (same method as above), Chill for the morning & prepare another 500 mL of clear fluids.

DAY OF PROCEDURE

🕐 **4–5 Hours Before Admission Time**
- Drink MOVIPREP Dose 2 (1 litre) over 1hr, then drink at least 500 mL clear fluids

🕐 **2 Hours Before Admission -** ❌ **STOP** all clear fluids (nil by mouth)

What to Expect
MOVIPREP causes watery diarrhoea to clean your bowel. Bowel motions should eventually look like clear yellow water or urine.

Tip: Use a barrier cream (Vaseline, Amolin, etc.) before diarrhoea starts to prevent irritation.

❗ **Need Help?**
☎ **Lismore Base Hospital:** (02) 6629 4687
☎ **Ballina Day Surgery** (02) 6681 9999 (8am-5pm) **or St Vincent's Hospital** (02) 6627 9223