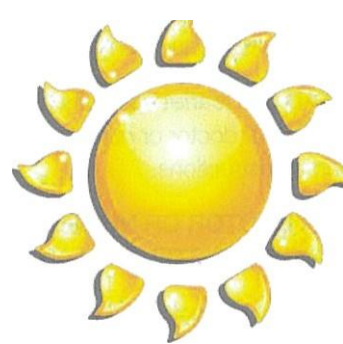
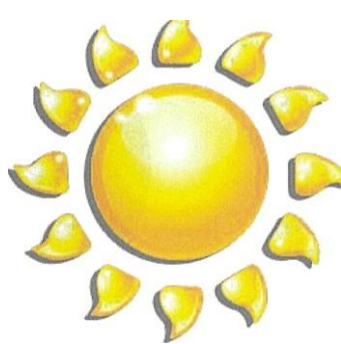


MOVIPREP[®] ORANGE
2L PEG + ASC (Macrogol 3350 + Sodium ascorbate
+ Ascorbic acid + Sodium sulfate + Electrolytes)

MOVIPREP[®] LEMON
2L PEG + ASC (Macrogol 3350 + Sodium ascorbate
+ Ascorbic acid + Sodium sulfate + Electrolytes)

AS AN OUT-PATIENT

MOVIPREP Instructions



Patient Name: _____

Procedure Date: _____

Admission Time: _____

Please phone the relevant hospital the day before your procedure to get your admission & fasting time:
Lismore Base Hospital 0266294687; St Vincent's Lismore 0266279223; Ballina Day Surgery 0266819999

NIL by Mouth (nothing to eat or drink): _____

Special Instructions: _____

IMPORTANT

PLEASE READ AND FOLLOW ALL INSTRUCTIONS

Drink all the required fluids to increase diagnostic accuracy and avoid the possibility of a repeat examination.

MOVIPREP is indicated for bowel cleansing prior to any clinical procedure requiring a clean bowel, e.g., bowel endoscopy, lower gastrointestinal tract radiology or digestive tract surgery.

MOVIPREP[®] ASANOUTPATIENT

Preparing for your procedure

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 clean so the doctor can see clearly. Before your procedure your doctor wants you to take MOVIPREP. This product empties and cleans your bowel.

DO NOT take oral medication within one hour of administration of MOVIPREP (i.e. includes one hour before administration, as well as during administration and one hour after administration).

Please follow instructions given by your doctor or nurse regarding medication.

Please **READ** this leaflet carefully and follow the instructions. If you have any questions please talk to your doctor or nurse. You will be helping make sure the examination goes well by following all instructions.

TELL YOUR DOCTOR OR NURSE IF YOU SUFFER FROM CONSTIPATION OR HAVE A HISTORY OF CONSTIPATION AND / OR YOU USUALLY EAT A HIGH FIBRE DIET.

Please follow any instructions given by your doctor or nurse.



Poor Bowel Preparation³





Excellent Bowel Preparation³

The following table suggests types of foods to avoid and those allowed During the 3 days leading up to your procedure.

3 Days prior to your procedure, start a low fibre diet ^{2 4-5}

AVOID FOODS THAT CONTAIN NUTS, WHOLE GRAINS, SKINS, SEEDS OR FIBRE

Day: _____ Date: _____

 ALLOWED	 AVOID
English muffins, croissant, French toast, plain white bread, white toast, panini, Cornflakes [®] , Rico Bubbles [®] , white flour white pasta, white rice	Wholegrain bread, fibre enriched white bread, wholemeal (brown) rice or pasta, corn meal, muesli, muesli bars, oats (porridge)
Lean beef, pork, lamb, veal, fish, poultry, eggs, meat curries (no onion) Plain meat/stock and bacon pies, tofu, soya	Casseroles or dishes containing vegetables
Clear strained fruit Juice – no pulp (clear apple, clear pear) Skin free pumpkin and potato (mashed, steamed, baked), potato salad with mayonnaise, egg, ham	Legumes, such as, baked beans or kidney beans, lentils, barley, split peas All fruit and vegetables
Plain yoghurt, cheese, white sauces, sour cream, butter, margarine, oil, mayonnaise, vanilla ice cream, meringue, custard & all milks	Coconut, dried Fruit, nuts, sultanas, raisins, seeds e.g. linseed, sesame, sunflower, poppy Fruit yoghurt, Jevity, Sustagen Hospital with fibre, Nutrison Multi Fibre
Include at least 6 - 8 glasses of fluid per day: Strained broths, clear soups, beef tea, soup cubes, water, soda water tea, coffee, cordial, Bonox, Bovril, Aktavite	Jams and marmalades with skins, seeds or peel, peanut butter, mustard, most relishes AVOID ALL FIBRE SUPPLEMENTS SUCH AS: Nuculox, Benefiber, Fybogel, Metamucil (psyllium)

THE DAY BEFORE YOUR PROCEDURE Day _____ Date _____

Please phone the relevant hospital direct to get your admission and fasting time:

- Lismore Base Hospital – 0266294687
- Ballina Day Surgery – 0266819999
- St Vincent's Lismore – 0266279223

Follow the instructions below:

NORTHERN RIVERS GASTROENTEROLOGY PREPARATION INSTRUCTIONS

On the day before your procedure you can have breakfast, still avoiding foods containing nuts, grains, skins, seeds or fibre

ONLY CLEAR FLUIDS AFTER BREAKFAST UNTIL INSTRUCTED – NO MILK/NO FOOD

1 cup clear fluids every hour – Refer to back page – Clear Fluids Table

At **4pm** prepare your first 1 litre of MOVIPREP[^] by mixing sachet A & B in water to **make** 1 litre and chill. Prepare your 500 mL (2 cups) of CLEAR FLUIDS from the clear fluids table below. Full MOVIPREP[^] mixing instructions on the back page.

At **6pm** start consuming your MOVIPREP[^]. Over the next 90 minutes drink the 1 litre of MOVIPREP[^], then **AT LEAST** 500 mL (2 cups) of clear fluids. Begin with MOVIPREP[^] but the clear fluids can be interspersed with the prep if preferred. It is important to finish **ALL** the MOVIPREP[^] and CLEAR FLUIDS

CONTINUE DRINKING CLEAR FLUIDS

Before going to bed prepare your second 1 litre of MOVIPREP[^] by mixing sachet A & B in water to make litre then chill. Prepare your 500 mL (2 cups) of water.

Day of Procedure: 4-5 hours prior to your admission time, start consuming your second 1 litre of MOVIPREP[^]. Over the next 1-2 hours drink the 1 litre of MOVIPREP[^] plus 500ml at least (2 cups) of water. You must finish it all and nil by mouth 2 hours before your admission time.

This solution is designed to give you watery diarrhoea.

Your bowel motions will become clearer and clearer and will eventually look like urine, yellow water or beer.

Please check the toilet bowl to see whether this is happening.

If required, apply a water repellent cream (lanolin, Vaseline[^], Amolin[^]) to your anal area before diarrhoea commences.

If you are unsure of any **aspects of the preparation** or you are having an adverse reaction or any problems, phone and speak to the nurse:

Lismore Base Hospital – phone **0266294687**

Ballina Day Surgery & St Vincent's Hospital – phone Northern Rivers Gastroenterology **0266220388**

You have now completed your preparation for your examination.

It is important to consume **ONLY CLEAR FLUIDS** until otherwise instructed.

Remember your Stop Clear Fluids Time as this is important for your procedure to be successful.

Low Fibre Diet Menu Plan^{2 4-5}

This menu plan is a guide only and is not intended for long term use, as it contains fewer vegetables and fruit than is recommended in a balanced diet.

BREAKFAST	LUNCH /DINNER	SNACKS
Juice - pulp free - apple, pear, white grape Plain yoghurt (no fruit or nut topping) Small bowl Cornflakes ^o or Rice Bubbles ^o 2 eggs poached, boiled or scrambled Hash browns White toast French toast, cinnamon sugar Croissants - plain or ham and cheese Low fibre muffin - no fruit or nuts Crumpets Pancakes Chocolate brioche Water, tea, coffee all milk varieties	Clear soups, broths Fish, steak, chops, ham, chicken, turkey Potato or pumpkin (skinless), baked, steamed, mashed, potato salad Pasta carbonara or macaroni Cheese Sandwiches - white bread / roll Panini: chicken, ham (no mustard), tuna, turkey, pastrami, corned beef, cheese, egg Baked rice custard, chocolate mousse Plain ice cream Water, soft drink, tea, coffee	Cheese and plain crackers Rice cakes, protein bars (no nuts) Ham quiche Parmesan cheese sticks Wedges with sour cream Cake based on white flour Biscuits based on white flour Chocolate biscuits — no nuts Cheesecake - no wholemeal crust Scones Pikelets with lemon and sugar Vanilla slice (no passionfruit seeds), doughnut, custard danish or custard tart, meringue kisses Clear sports drinks, tea, iced tea, Coffee, all milks Water

Whilst on CLEAR FLUIDS ONLY, you are allowed:²

Water black tea, black coffee	Clear soup — strain bits out before drinking
Cordial — orange or lemon NO red, green, purple or blue	Sports drinks e.g. Gatorade or Powerade NO red, green, purple or blue
Clear and pulp free fruit juice apple, pear or white grape juice. Yellow or orange jelly.	Beef tea e.g. Bovril, Bonox, soup cubes e.g. stock cube in hot water

MOVIPREP INSTRUCTIONS:²

- Each box of MOVIPREP^o contains 2 clear bags: Each bag contains 2 sachets marked A and B.
- Open 1 clear bag and remove sachets A and B.
- Empty the contents of both sachets into an empty jug with a Litre mark.
- Add water (not chilled) and make Litre of solution.
- Stir the solution until the powder has dissolved and the MOVIPREP^o solution is clear or slightly hazy. This way takes up to 5 mins, You way chill the MOVIPREP^o before drinking, if preferred.
- Drink an extra 500 mL of clear fluid. You can alternate the clear fluid with the MOVIPREP^o if you wish.
- 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). You must stop drinking all fluids at least 2 hours before your clinical procedure. your doctor will advise you your 'NIL BY MOUTH' time.



To report an Adverse Event, please contact Norgine Pty Ltd at: ANZMedInfo@Norgine.com or 1800 766 936.

ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE

1. Please refer to TGA approved MOVIPREP^o Product information <https://norgine.com.au/products/>. 2. MOVIPREP^o Consumer Medicine Information May 2023 available^o

on-line from www.norgine.com.au/our-products/moviprep 3. Lai E, et al, Gastrointestinal Endoscopy 2009; 63(620-625 4. Butt J, et al, Gastroenterology and Hepatology 2016; 31(2); 355-363 5. Diet advice and bowel preparation for your colonoscopy, Leaflet number: 3993/VER2 Guys and St Thomas's NHS Foundation Trust 2019.

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