



NO PRESCRIPTION REQUIRED

COLONOSCOPY-BOWEL PREPARATION INSTRUCTIONS

MORNING PROCEDURE

The key to a successful colonoscopy is a clean bowel. You must follow each instruction carefully. IF YOUR COLON IS NOT CLEAN THE PROCEDURE MAY BE STOPPED AND YOU WILL HAVE TO REPEAT THE BOWEL PREP AND PROCEDURE

First, you need to obtain the following bowel preparation medication from your local pharmacy (no script required)

- 1x **MoviPrep** kit (containing 2 sachets of MoviPrep)

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| AT LEAST 10 DAYS BEFORE COLONOSCOPY | If you take BLOOD THINNING MEDICATIONS (including Warfarin, Rivaroxaban, Dabigatran, Clopidogrel, Prasugrel, Ticagrelor, Apixaban) and have not received phone advice please call Orange Specialist Clinic on 6361 3654 for further instructions. |
| | If you are unsure of diabetes medication/insulin you should take please discuss when calling the health facility for your admission time. |
| | PLEASE ARRANGE A RESPONSIBLE ADULT TO COLLECT AND STAY WITH YOU AFTER YOUR PROCEDURE. Your procedure may be cancelled if you do not. You will not be able to drive for 24 hours after your procedure. |
| 7 DAYS BEFORE COLONOSCOPY Date: | Stop taking any IRON TABLETS |
| 2 DAYS BEFORE COLONOSCOPY Date: | Stop eating SEEDS, NUTS, GRAINS OR PEELS/SKINS Start a LOW RESIDUE 'WHITE DIET' . Eat only these foods: White bread/toast, rice bubbles, white rice, white pasta, potatoes (peeled), rice noodles, rice crackers, white flour, sugar, eggs, chicken breast (no skin), white fish fillet (no skin), white cheeses, white coloured yoghurt (no added fruit) mayonnaise, cream, sour cream, butter/margarine, cooking oil, vanilla ice cream, white chocolate, lemonade icy-pole, clear jelly(not red/blue), custard |

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| <p>DAY BEFORE COLONOSCOPY</p> <p>Date:</p> <p>Please note: Taking the bowel prep will cause you to have diarrhoea. This is the only way to ensure the bowel is clean.</p> | <p>Have a LIGHT BREAKFAST of white bread/toast.</p> <p>After breakfast, ONLY HAVE CLEAR FLUIDS.</p> <p>DO NOT HAVE A SOLID LUNCH OR DINNER.</p> <p>Do have plenty of clear fluids such as:</p> <ul style="list-style-type: none"> ▪ Water or clear broth ▪ Clear fruit juice (e.g. apple juice) or lemon/orange cordials ▪ Coffee or tea without milk ▪ Clear Gatorade or other sports drink, soft drinks ▪ Plain jelly without added fruits or toppings (avoid red, purple or green coloured drinks/jellies) ▪ Gastrolyte or hydralyte <p>At 6pm:</p> <ul style="list-style-type: none"> ▪ Mix 1 sachet MoviPrep in a jug of water (750mls - 1L) and drink over the following 1-2 hours (one cupful every 15 mins) |
| <p>DAY OF COLONOSCOPY</p> <p>Date:</p> | <p style="text-align: center;">Get up early 6 hours before your scheduled time</p> <ul style="list-style-type: none"> ▪ Take any regular medications before 6 am. ▪ If you are diabetic do not take your diabetic medication this morning (but bring it with you). <p style="text-align: center;"><u>DO NOT HAVE BREAKFAST</u></p> <p>6 hours before your scheduled time:</p> <ul style="list-style-type: none"> ▪ Mix 1 sachet MoviPrep in a jug of water (750mls - 1L) and drink over the following 1-2 hours (one cupful every 15 mins) – completing the prep solution by 4 hours before your admission time. ▪ You may then drink WATER ONLY until 2hrs before your procedure. <p>From 2 hours before:</p> <ul style="list-style-type: none"> ▪ NIL BY MOUTH (this means NOTHING to eat, sip, suck, chew or drink). |

More information regarding Colonoscopy can be found on the Australian Commission on Safety and Quality in Healthcare website via the link below:

<https://www.safetyandquality.gov.au/standards/clinical-care-standards/colonoscopy-clinical-care-standard/colonoscopy-what-you-need-know>