



## MOVIPREP – MORNING PROCEDURE

**STOP** eating anything with **seeds, grains, wholemeal, nuts** or **dried fruits** - **5 days before colonoscopy**

- For a successful colonoscopy the bowel must be completely clean so important findings are not missed. Please follow these instructions carefully.
- The preparation causes diarrhoea that should become clear when the bowel is clean.
- Once you start preparation medicine, remember to drink lots of clear fluids to avoid dehydration.

### Bowel preparation:

You will need to purchase 1 box of **MOVIPREP**

This is available from most pharmacies without a prescription.

The day before your colonoscopy – DATE: ____/____/____	
Before 9AM	Have a light breakfast <u>by 9AM</u> . <b>Sample breakfast:</b> Glass of Milk Rice bubbles with milk and white sugar Scrambled eggs and white toast For other food options see <a href="#">White Diet (below)</a> .
From 9AM	You should have no solid food or milk products. You should only have <b>clear fluids</b> .  <b>Clear fluids include:</b> water, soda water, mineral water, cordial, sports drinks (not red/purple/blue), lemonade, apple juice (no pulp), black coffee/tea, clear soup (e.g. clear chicken broth), jelly (not red/purple)
At 6PM	Drink the first litre of Moviprep (mix sachet A and B in 1 litre of water) Drink 1 glass every 15 minutes Follow this with 2 large glasses (or 500mls) of water Continue drinking clear fluids
At 8PM	Drink the second litre of Moviprep (mix sachet A and B in 1 litre of water) Drink 1 glass every 15 minutes Follow this with 2 large glasses (or 500mls) of water Continue drinking clear fluids
From midnight	<b>FAST</b> - NO food, NO drink, NO water
The day of your colonoscopy – DATE: ____/____/____	
By 7AM	Essential morning medications with a sip of water only

## WHITE DIET

### Food/fluids ALLOWED

- CLEAR FLUIDS are allowed in the white diet: water, soda water, mineral water, cordial, sports drinks (not red/purple/blue), lemonade, apple juice (no pulp), black coffee/tea, clear soup (e.g. clear chicken broth), jelly (not red/purple)
- Milk, white colored yoghurt (no added fruit), mayonnaise, cream, sour cream, butter and margarine, oil for cooking
- White bread/toast, rice bubbles cereal, eggs
- White rice, regular pasta, potatoes (peeled), rice noodles
- Rice crackers (plain), white flour, sugar
- Chicken breast (no skin), white fish fillet (no skin)
- Cheese: cream cheese/cheddar/ricotta/feta/cottage/mozzarella/parmesan cheese
- White chocolate, vanilla ice cream, lemonade ice-block ('icy-pole'), custard, "milk bottles"(white confectionery)

### Food NOT ALLOWED

- Anything not listed above
- Other white colored foods such as pears, parsnip, cauliflower, onion, high fibre white bread, tofu, coconut, porridge, banana, mushrooms, semolina, couscous, popcorn