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BOWEL PREPARATION FOR COLONOSCOPY - MOVIPREP

ONE WEEK BEFORE YOUR COLONOSCOPY

- **Medications:** Cease **anti-inflammatories**, **fish oil** and **iron**-containing medications for **5-7 days** before the procedure. If you are on **diabetic medications**, please discuss with me. Dapagliflozin (Forxiga, Xigduo, Qtern), Empagliflozin (Jardiance, Jardiamet, Glyxambi) and Ertugliflozin (Steglatro, Segluromet, Steglujan) **MUST** be ceased **3 days** prior to procedures. If you take **antiplatelet medications** such as aspirin or clopidogrel or **blood thinners** such as warfarin, Dabigatran (Pradaxa), Rivaroxaban (Xarelto) or Apixaban (Eliquis) make sure you discuss with me what to do.
- If you suffer from constipation, please use laxatives such as **Movicol** for **3-7 days** leading up to the colonoscopy.

TWO TO FOUR DAYS BEFORE YOUR COLONOSCOPY

Avoid foods with **high fibre / seeds / skins / grains / nuts** for **3 days** before the procedure e.g. multigrain bread, passionfruit, tomatoes, corn, strawberries, muesli, nuts, raisins, raw fruits and vegetables, dried fruits.

Please consume a **low residue/fibre diet** e.g. yoghurt, eggs, plain white bread, rice bubbles, white pasta, poultry, beef, lamb, fish, pumpkin without skin, avocado, ripe banana, canned peaches, apples or pears without skin, water, tea, cordial.

THE DAY BEFORE YOUR COLONOSCOPY

You can have a **low residue breakfast** (e.g. cornflakes and milk or white bread; NOT weet-bix or bran cereals) **before 9am**.

Consume only CLEAR FLUIDS after 9am. You should NOT eat any SOLID food at all.

Clear fluids are ones that you can see through: water, lemonade, sports drinks, clear cordials (not red), clear fruit juices, black tea and coffee (no milk). You may have strained clear soups, clear broths, clear water-based or lemonade-based ice blocks and plain jelly. Avoid strongly coloured liquids, milk and cloudy fruit juices.

It is very important to have a **high fluid intake** throughout the day to avoid dehydration.

In the morning, make the first Moviprep dose by mixing 1 pouch of sachet A and 1 pouch of sachet B with 1 litre of luke-warm water, then chill in the fridge. You can prepare your second dose of Moviprep after you consume the first dose.

If your hospital arrival time is before 10am:

- **6pm:** consume your **FIRST** dose Moviprep, followed by 500mL clear fluids
- **8pm:** consume your **SECOND** dose Moviprep, followed by 500mL clear fluids

If your hospital arrival time is 10am or later:

- **7pm:** consume your **FIRST** dose Moviprep, followed by 500mL clear fluids
- **5-6 hours prior to your hospital arrival time:** consume your **SECOND** dose Moviprep (e.g. if arrival is 2pm, start Moviprep around 8-9am), followed by 500mL clear fluids.

To drink the Moviprep, drink **one glass every 10-15 minutes** until the entire 1 litre has been consumed over 1 hour.

** Prep tip – if you do not like the flavour, try adding some ice, drinking through a straw or chilling the prep in the fridge.

Drink an extra 500mL of clear fluids (e.g. water) after finishing **BOTH** of the Moviprep drinks.

Individual responses to laxatives vary. It usually induces frequent, loose bowel movements within 1-3 hours of taking the first dose. Please remain within easy reach of toilet facilities.

THE DAY OF YOUR COLONOSCOPY

You can continue to drink any **clear fluids** up until **3 hours before** you come to hospital, then you should have **NOTHING** to eat or drink, including no chewing gum. Important morning medications can be taken with a sip of water before 6am.

At **Macquarie University Hospital**, 3 Technology Place, Macquarie University, you need to present yourself to the Endoscopy unit on the ground floor (to the right of the lifts). You will need to have someone available to collect you after the procedure and to stay with you overnight.

Low residue diet: day 3 and 2 before colonoscopy

Category	YES – foods alright to eat	NO – foods to avoid
Bread, Cereal, Rice and Pasta:	French Toast and pancakes White rice, noodles, pasta Peeled cooked potatoes Cold cereals: rice bubbles, corn flakes, special K	Breads with nuts, seeds, or fruit Brown or wild rice Wholemeal pasta Whole wheat, pumpernickel, rye breads, cornbread, buckwheat Potatoes with skin High fibre cereals (weatbix, all bran, sultana bran, oats, muesli)
Vegetables	Tender cooked or canned vegetables without seeds or skin: peeled carrots, asparagus tips, pumpkin, spinach, mushrooms Cucumbers without seeds or peel	Raw or steamed vegetables Vegetables with seeds Sauerkraut Corn, peas, squash, broccoli, Brussels sprouts, cabbage, onions, cauliflower, baked beans, tomatoes
Fruits	Strained fruit juice Canned fruit (except pineapple) Applesauce Ripe bananas; ripe, peeled peaches, apricots and melons	Prunes or prune juice Raw fruit with seeds, skin or membranes e.g. berries, pineapple, apples, oranges, watermelon Dried fruit, berries, figs, dates, raisins
Milk/dairy	Milk (plain or flavoured) Yoghurt, custard, ice cream Cheese, cottage cheese	Yoghurt with nuts or seeds
Meats and proteins	Ground, well-cooked tender beef, lamb, ham, veal, pork, fish, poultry, eggs Smooth peanut butter	Tough, fibrous meat with gristle Lentils and legumes Dried beans and peas Crunchy peanut butter
Snacks, condiments and beverages	Margarine, butter, oils, mayonnaise, sour cream Plain gravies Clear jelly (not red or purple), honey, sugar Spices, cooked herbs, broth, soups made with allowed vegetables Coffee, tea, carbonated drinks Plain cakes and cookies Hard candy, pretzels Ketchup, mustard	Nuts, seeds, coconut Jam, marmalade, preserves Pickles, olives, relish, horseradish Desserts containing nuts, seeds, dried fruit, coconut or made from whole grains or bran Candy with nuts or seeds Popcorn Fruit juice with pulp Beverages with red/purple dye