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MORNING COLONOSCOPY BOWEL PREP INSTRUCTIONS WITH 'MOVIPREP'

Colonoscopy is where a long flexible endoscope is passed whilst under heavy sedation through the back passage or anus to examine the entire length of the large bowel. It takes 20-40mins depending on the degree of difficulty. Any growths or abnormalities can be removed or biopsied without the need for an operation.

The bowel must be cleaned out with bowel prep which is a laxative solution that needs to be taken the day prior to the procedure.

You need to stop eating indigestible or wholegrain foods for 2 days prior to the procedure.

2 days before the Colonoscopy

Stop eating whole grain foods, high fibre or brown bread, muesli, biscuits, brown rice, bran, nuts, wheat germ, dried fruit, cheese, red meat, beans, chick peas, coconut

You can eat white bread, white rice, chicken, fish, boiled or poached eggs, coffee or tea as desired, clear soup, well cooked vegetables, plain yogurt.

1 day before the Colonoscopy

On the day before the procedure at 2 pm, take the **first dose** of Moviprep followed by clear fluids.

On the day before the procedure at 6 pm, take the **second dose** of Moviprep followed by water only up to 4 hours prior to the admission time.

1 hour before taking the Moviprep drink clear fluids only. Clear fluids include water, plain jelly, strained chicken noodle soup, Bonox, clear broth/bouillon, clear fruit juices, black tea or coffee without milk, sports drinks, clear fruit cordials and barley sugars. Any liquid you can't see through is not a clear fluid.

You should not take blood-thinning medication such as Warfarin, Plavix or Aspirin for 7 days before the procedure unless you have discussed the need for the medication.

You may take your medications on the morning of your surgery with a sip of water at 6am.

Anything eaten or drunk on the day of the procedure apart from your regular medication means you will be delayed or cancelled and you will have to repeat the entire bowel prep process. Sorry, this is anaesthetic requirement.

PLEASE CONTACT FITZPATRICKHOUSE ON 51444555 IF YOU NEED ADVICE