

MOVIPREP: AM OR PM PROCEDURES

Name

Appt. Date

Location

Fast From Date

Fast From Time

6 HOURS PRIOR TO YOUR ADMISSION TIME

PLEASE ADHERE TO THE FOLLOWING GUIDELINES:

1. Please disregard any other bowel preparation instructions and adhere to the guidelines on this pamphlet.
2. The day before the procedure you need to have a soft diet (i.e. soups and smoothies). Once you have commenced bowel preparation, you can only have clear fluids (a list of which can be found on the back of this pamphlet).
3. Please ensure that you inform the practice nurse before your procedure if you are taking anti coagulant medications, blood thinners or any diabetic medications.
4. You will receive a call or a text message from the location of your booked procedure at least 24 hours prior to your scheduled procedure with your admission time.
5. If you change the date of your procedure you **MUST** discard and contact our office for new instructions and information.



MOVIPREP - Patient Instruction Sheet: AM

IF YOUR PROCEDURE IS IN THE MORNING:

Day before procedure:

Date:



FIRST DOSE 5:30 PM:

Prepare your first 1L of MOVIPREP by mixing the sachet A&B in 1L of water. Consume the entire mixture over the course of approximately **one hour**. This should be followed by the consumption of adequate glasses of water or approved clear liquids (at least one glass per hour) to ensure you remain hydrated.



Day before the procedure:

Date:



LAST DOSE 8:30 PM:

Prepare your second 1L of MOVIPREP by mixing the sachet A&B in 1L of water. Consume the entire mixture over the course of approximately **one hour**. This should be followed by the consumption of adequate glasses of water or approved clear liquids (at least one glass per hour) to ensure you remain hydrated.



***Clear fluids until 1:00 am day of procedure.**

***FAST FOR 6 HOURS PRIOR TO YOUR ADMISSION TIME.**



MOVIPREP - Patient Instruction Sheet: PM

IF YOUR PROCEDURE IS IN THE AFTERNOON:

Day before procedure:

Date:



FIRST DOSE 5:30 PM:

Prepare your first 1L of MOVIPREP by mixing the sachet A&B in 1L of water. Consume the entire mixture over the course of approximately **one hour**. This should be followed by the consumption of adequate glasses of water or approved clear liquids (at least one glass per hour) to ensure you remain hydrated.



Day of the procedure:

Date:



LAST DOSE 5:30 AM:

Prepare your second 1L of MOVIPREP by mixing the sachet A&B in 1L of water. Consume the entire mixture over the course of approximately **one hour**. This should be followed by the consumption of adequate glasses of water or approved clear liquids (at least one glass per hour) to ensure you remain hydrated.



***Clear fluids until 6:30 am day of procedure.**

***FAST FOR 6 HOURS PRIOR TO YOUR ADMISSION TIME.**



APPROVED CLEAR FLUIDS:

- ✓ **Water**
 - ✓ **Clear salty fluids (e.g. strained chicken soup)**
 - ✓ **Clear broth**
 - ✓ **Sugar-free jelly (no red or purple colours)**
 - ✓ **Apple juice**
 - ✓ **Black tea or coffee (no milk)**
 - ✓ **Clear sugar-free fruit cordials (no red or purple colours)**
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IMPORTANT ON THE DAY:

- You must refrain from eating and drinking (FAST) for a minimum of six hours prior to your procedure.
- You must drink as much clear liquid as you can before, during and after taking MOVIPREP bowel preparation.
- Failure to adhere to this advice may result in delay or cancellation of your procedure.
- Failure to follow the bowel preparation instructions can lead to poor bowel preparation and the possibility that your procedure may need to be repeated.



**NO MILK
PRODUCTS**



**NO RED
COLOURS**



**NO PURPLE
COLOURS**



**APPROVED
LIQUIDS ONLY**