

MOVIPREP Colonoscopy Patient Preparation Instructions, Afternoon Procedure

Tou are booked in for a Colonoscopy	
Your Procedure Date is:/ Time: 12:00 MIDDAY - 4:30 PM	
Mornington Endoscopy, Suite 1, 350 Main Street, Mornington, 5973 4444	
Rosebud Endoscopy, 20 Boneo Road, Rosebud, 5986 4444	
The Bay's Hospital, 262 Main Street, Mornington, 5975 2009	

Key Information:

- Your procedure will take anywhere from 20-45 minutes
- We will confirm with you via phone your arrival time for your procedure one business day prior to your procedure date
- Please allow approximately 2hours from your arrival time before you are ready to go home
- Please ensure you have someone to drive you home afterwards (please note your procedure will be cancelled if you do not have an escort to drive you home)
- You must follow the colonoscopy instructions to avoid the costs and inconvenience of having to return for a repeat procedure
- We ask that you do not bring valuables with you as we cannot be responsible for their safe keeping, however you will be required to make payment prior to your procedure, so please only bring the correct amount of cash or your bank card. (Please Note there is a 1.2% surcharge if paying by credit card).
- Please ensure you follow the 'White Diet' for three days prior to your procedure date (See 'Diet Before Your Colonoscopy Information Sheet')
- On the day of your procedure you will see your doctor before and after the procedure
- You will receive a hard copy of your report. The report and all results will also be sent to your GP
- Please take the time to watch the video on our website about colonoscopy, this will aid in a higher understanding of what will happen when you attend our centre: https://www.gastromedicine.com.au/colonoscopy/

Why is Bowel Preparation Required

As you are having a colonoscopy, you **MUST** take the medicines to clean out your bowel the day/s **BEFORE** the procedure. Bowel preparation is a very important part of colonoscopic examination as it allows your Doctor to carefully and thoroughly look for and safely remove small polyps / lesions that could enlarge overtime if not detected early. Your Doctor may have to abandon the procedure if the views are obstructed by faeces.

Additional Information During Your Bowel Preparation

Please take <u>ALL</u> of your normal medications with a small glass of water (including all medicines for high blood pressure, heart rhythm disturbances and epilepsy) unless otherwise instructed by your GP, Gastroenterologist or GastroMedicine & ENDOSCOPY Nurse (no fluids up to 4 hours prior to your procedure).

Headaches can be a common side effect when drinking the preparation, please note you can take paracetamol or any other pain killer you normally take for headaches (excluding aspirin) at any point during the preparation stage. (No fluids up to 4 hours prior to your procedure).

The preparation can cause dehydration, which in some instances can lead to fainting. Dehydration can be avoided by drinking fluids to keep hydrated (please see suggested list of clear fluids on page 2 of the **White Diet** instruction sheet). It is important you take precautionary measures when you stand up (particularly from the lying position, eg. sit first to ensure you are not dizzy then stand slowly) and if you use mobility aids such as walkers / sticks please ensure you use them.

You can drink too much water — there is the risk of drinking too much water whilst taking the preparation which can lead to low sodium in the blood. If you feel you need to drink more than what is instructed, please drink water that contains hydralyte, lemonade or sports drinks (ie. not pure water).

Baby wipes used in place of toilet paper during the preparation stage can help to decrease anal irritation caused by excessive wiping (for example- brands like 'Curash baby care simple water wipes' or 'Water wipes baby wipes' work best and are both widely available from all major supermarkets in the baby care aisle).



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TO COMPLETE THE BELOW BOWEL PREPARATION YOU WILL NEED TO PURCHASE: <u>ONE</u> sachet of <u>PICOPREP</u> (20g), and <u>ONE</u> box of <u>MoviPrep</u> (1 box of <u>MoviPrep</u> contains two clear bags, each containing 2 sachets: 2 x larger sachet labelled A and 2 x smaller sachet labelled B). These can be purchased from your local pharmacy (no script required). Please check the contents of the boxes you buy from the pharmacy prior to leaving to ensure you have the correct amount of sachets.

Please ensure you follow the below instructions, and disregard the instructions in the boxes.

AFTERNOON COLONOSCOPY APPOINTMENT- MOVIPREP Bowel Preparation Instructions

3 days prior to	Please eat only a 'White Diet' for breakfast, lunch, dinner and all snacks (please refer to
your procedure	the permitted foods table in the 'Diet Before Your Colonoscopy' information sheet)
2 days prior to	Please eat only a 'White Diet' for breakfast, lunch, dinner and all snacks (please refer to
your procedure	the permitted foods table in the 'Diet Before Your Colonoscopy' information sheet)
The day before	Up until 09:00 AM - Have a normal breakfast (White Diet foods ONLY) (please refer
your procedure	to the permitted foods table in the 'Diet Before Your Colonoscopy' information sheet)
	Up until 12:00 MIDDAY- Have a small lunch (White Diet foods ONLY)
	12:00 MIDDAY - NO MORE FOOD FROM THIS POINT - CLEAR FLUIDS ONLY
	At 4:45 PM – PREPARE FIRST DOSE OF MoviPrep
	Open one clear bag and remove sachet A and B. Add the contents of BOTH product A and B into a and little container.
	 Add the contents of BOTH sachet A and B into a one litre container. Pour One Litre of water into the container and stir until all the powder has dissolved
	and the Moviprep solution is clear and slightly hazy (this may take up to five minutes)
	At 5:00 PM – FIRST DOSE: Please drink the litre of the MoviPrep solution you prepared
	over 1-2 hours. Try to drink a glass every ten to fifteen minutes.
	In addition to the preparation please ensure you drink 1L of Clear Fluids (from the approved clear fluids list on the 'Diet before your colonoscopy' information sheet) over the rest of the day to avoid dehydration and enable a good clean out of the bowels (at least one glass per hour is a good guide).
	At 7:30 PM – 1X SACHET PICOPREP: Add the entire contents of ONE sachet of PicoPrep to a glass of warm water (approximately 250mL) and stir until dissolved. You can prepare the drink 30 minutes prior to allow cooling. You should drink a 1/3 of the mixture, then follow with a glass of water. Wait 15 minutes, then drink another 1/3 with a glass of water. Repeat for the remaining 1/3 after waiting 15 minutes. To avoid dehydration consume clear fluids (from the approved clear fluids list on the 'Diet before your colonoscopy' information sheet), thereafter.
The day of your	At 6:30 AM — PREPARE SECOND DOSE OF MoviPrep
<u>procedure</u>	• Following the instructions provided above.
	At 07:00 AM - SECOND DOSE: Please drink the litre of the MoviPrep solution you prepared over 1-2 hours. Try to drink a glass every ten to fifteen minutes.
	Have NOTHING to drink — NO water or ANY fluids (including chewing gum & barley sugar) for a minimum of FOUR HOURS before your procedure time

If at any stage you experience symptoms such as nausea, vomiting, feeling faint or dizzy (which unfortunately can and does happen occasionally), please stop taking the preparation for 30 minutes. If symptoms resolve in this hour then please recommence taking prep. If you are still feeling unwell, please contact our rooms on the phone number listed on page 1 and ask to speak to a nurse manager for further advice. If outside business hours, please contact Dr Dinh via text message on 04 2727 8989.