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## Bowel Preparation For Colonoscopy

<p><b>7 Days Prior</b></p>	<p><b>Review medication instructions</b></p> <p>Continue usual medications (including aspirin) uninterrupted with some exceptions: Iron tablets – cease 7 days prior Diabetic medicine as instructed. ie morning list: ½ dose evening prior &amp; hold morning of <b>Blood thinners and antiplatelets only cease if instructed to by your doctor:</b></p> <ul style="list-style-type: none"> <li>• Enoxaparin   Riva/Apixaban   Dabigatran - cease 24 hrs prior to procedure</li> <li>• Warfarin – cease 5 days prior to procedure (may need Enoxaparin to cover)</li> <li>• Clopidogrel   Ticagrelor   Prasugrel – cease 7 days prior to procedure</li> </ul>	
<p><b>3 Days Prior</b></p>	<p><b>Commence low residue diet 3 days prior to procedure</b></p> <p>Low Residue diets contain: No wholemeal bread or whole grains. No raw fruits and vegetables (or their skins, seeds or pips). No salads or tough meats [All of these are not easily broken down]</p>	
<p><b>24 Hours Prior</b></p>	<p><b>Strict clear fluid diet 24Hrs prior and the day of procedure</b></p> <p>You can have breakfast on the day prior then CLEAR fluids: those you can see through with no particles. For example: water, pale coloured jelly, clear fruit juices, bonox, or pale cordials, black tea, black coffee, lemonade etc. <b>You must be nil by mouth (NBM) 4Hrs prior to procedure.</b></p>	
<p><b>Evening Prior Start Bowel Preparation</b></p>	<p><b>Instructions to make Moviprep bowel prep</b></p> <p>To make one dose of Moviprep, add 1x sachet A and 1x sachet B to 1L of water in a jug or container and dissolve. Each 1L solution is consumed over 1 hour. The total dose is 2 to 3L; your dose and the timing is determined by your bowel habit and your procedure time respectively. Your doctor will advise (see below). It is very important that you continue to drink equal amounts of clear fluids whilst taking bowel prep. Cease all intake 4Hrs prior to procedure.</p>	
<p><b>Booking Time (NBM 4Hr Prior)</b></p> <p><b>Before 10 am</b> / /</p>	<p><b>Moviprep (2L total)</b></p> <ul style="list-style-type: none"> <li>• First Dose: Starting 3pm the day prior to procedure drink 1L +</li> <li>• Second Dose: Starting 6pm the day prior to procedure drink 1L</li> </ul>	<p><b>Moviprep Extended (3L total)</b></p> <ul style="list-style-type: none"> <li>• First Dose: Starting 12pm the day prior to procedure drink 1L +</li> <li>• Second Dose: Starting 3pm the day prior drink 1L+</li> <li>• Third Dose: Starting 6pm the day prior to procedure drink 1L</li> </ul>
<p><b>10am – 1pm</b> / /</p>	<ul style="list-style-type: none"> <li>• First Dose: Starting 6pm the day prior to procedure drink 1L +</li> <li>• Second Dose: Starting 5am the day of procedure drink 1L</li> </ul>	<ul style="list-style-type: none"> <li>• First Dose: Starting 3pm the day prior to procedure drink 1L +</li> <li>• Second Dose: Starting 6pm the day prior drink 1L +</li> <li>• Third Dose: Starting 5am the day of procedure drink 1L</li> </ul>
<p><b>After 1pm</b> / /</p>	<ul style="list-style-type: none"> <li>• First Dose: Starting 6pm the day prior to procedure drink 1L +</li> <li>• Second Dose: Starting 8am the day of procedure drink 1L</li> </ul>	<ul style="list-style-type: none"> <li>• First Dose: Starting 3pm the day prior to procedure drink 1L +</li> <li>• Second Dose: Starting 6pm the day prior drink 1L +</li> <li>• Third Dose: Starting 8am the day of procedure drink 1L</li> </ul>

Note: If you vomit the solution, stop drinking for 15 minutes and then start drinking again more slowly and try to alternate mouthfuls with cordial. If you do not manage all the preparation the examination may need to be cancelled. For strategies on managing your bowel preparation visit <http://bowelprepguide.com>