



Colorectal Unit
Wits Donald Gordon Medical Centre

BOWEL PREPARATION FOR A COLONOSCOPY WITH MOVIPREP

Before you start your prep, please advise us if you are on a low salt diet, have kidney disease, high blood pressure, or heart failure, as it may be necessary to change the prep.

You must please inform us if you are on drugs such as Aspirin, Disprin, Ecotrin, St John's Wort, Warfarin, Heparin (e.g. Clexane, Fragmin), anti-platelet agents (e.g. Plavix, Pradaxa, Xarelto). In some cases these need to be stopped up to a week before the colonoscopy.

You should not take any form of iron tablets for at least a week prior to your scope.

You may not drive yourself home after the scope because of the sedation. Please arrange a lift home.

**DURING THIS WHOLE PREPARATION,
PLEASE MAKE SURE YOU STAY NEAR A TOILET**

EXAMPLES OF CLEAR FLUIDS WHICH SHOULD BE CONSUMED AS MUCH AS POSSIBLE:

- Sweetened tea and coffee – **without milk**
- Clear soup and stock cubes dissolved in water
- Fruit juice – no pulp (e.g. Apple, cranberry, grape)
- Clear soft drinks – Sprite, Sprite Zero
- Energy drinks e.g. Powerade and Energade.

(No black or red coloured drinks allowed)

BOWEL PREPARATION WITH MOVIPREP MORNING PROCEDURE (BEFORE 12H00)

THE DAY BEFORE YOUR COLONOSCOPY:

- Have a normal breakfast
- You may go to work as usual
- Have a light lunch – No fibre
- Do not have any supper

**PLEASE HAVE CLEAR FLUIDS EXCLUSIVELY FROM:
5PM (17H00) – 6AM (06H00)
OR ADVISED BY YOUR DOCTOR**

You should take any chronic medicines as normal in the evening or morning.

In the box of Moviprep there are four sachets, two of sachet A and two of sachet B.

At 8pm (20h00) (Please note this may be adjusted) take one sachet of each (one A, one B) from the box. Before you put any water in, open these, and pour the contents into a large jug. Add one litre of luke-warm water and stir until everything has dissolved; this may take up to five minutes. Do not drink the mixture until everything has dissolved. The prep can be drunk at room temperature, or you can chill it first in the refrigerator, but do not use cold water to dissolve the powder, because it may not dissolve properly.

Drink the litre over a period of one to two hours; you should also drink another half litre or so of clear fluids after finishing the prep.

At 5am (05h00) (Please note this may be adjusted) repeat the above process with the second pack of Moviprep and **remember to drink the extra 500ml of clear fluid as described.**

PLEASE DO NOT DRINK AFTER 7AM (07H00)

Please come in for admission to the WDGMC Endoscopy Unit at 6am (06h00)
or at the time advised by your doctor.