

Large Bowel Preparation/Diet

MOVIPREP KIT TO BE PURCHASED FROM CHEMIST PRIOR TO COMMENCING PREPARATION

Time Line

Day 1 - Commence low residue diet and plenty of fluids.

Day 2 - Continue low residue diet and plenty of fluids.

Day 3 (ALL DAY) - Clear fluids only. For example:

- Water/Clear soup
- Tea or Coffee without milk or non dairy creamer
- All of the following juices which are not coloured red or purple – fruit juices without pulp, non carbonated soft drinks, fruit flavoured cordials. (No drinks coloured red or purple).

12 Noon Day 3

Step 1:

Make and drink first litre of the MOVIPREP (Sachet A&B) from one clear bag. Drink the first litre over one to two hours (glassful every 10-15 minutes).

Step 2:

When finished first litre, make up and drink second litre of the MOVIPREP (Sachet A&B) from the remaining clear bag. Drink this second litre over one to two hours (glassful every 10-15 minutes). Continue drinking clear fluids only for the remainder of the day.

Day 4 - Day of the examination.

On the morning of the examination, have nothing to eat or drink. Diabetics should bring medication and a snack for after the procedure

Low residue diet:

Food Group	Allowed	Not Allowed
Carbohydrates	White rice, white spaghetti, white bread	Whole meal bread or whole meal products, cereals or muesli
Vegetables	None	All
Fruit	None	All
Dairy	Polyunsaturated margarine, skim milk (limited 2 cups per day)	Whole milk/cream or foods made with them, eg. Cheese, yoghurt
Protein	Lean meat or chicken, eggs, fish	Nuts, seeds, processed meat
Desserts	Jelly, junket, pancakes, pikelets, plain scones	Ice cream
Beverages	Water, tea, coffee, clear soup, strained fruit juice (no pulp), fruit flavoured cordial	Carbonated drinks, any drinks coloured red and purple.
Miscellaneous	Honey, vegemite, mild herbs/spices	

Fluid Intake: It is **extremely important** to drink at least 1-1 ½ litres of water each day. Adequate fluid intake decreases the discomfort often associated with this preparation.

Medication: It is **extremely important** to continue taking your prescribed medication.