

MOVIPREP® ORANGE

2L PEG + ASC (Macrogol 3350 + Sodium ascorbate + Ascorbic acid + Sodium sulfate + Electrolytes)

MOVIPREP® LEMON

2L PEG + ASC (Macrogol 3350 + Sodium ascorbate + Ascorbic acid + Sodium sulfate + Electrolytes)

AS AN OUT-PATIENT



Patient Name: _____

Procedure Date: _____

Admission Time: _____

NIL by Mouth (nothing to eat or drink): _____

Special Instructions: _____

IMPORTANT

PLEASE READ AND FOLLOW ALL INSTRUCTIONS

Drink all the required fluids to increase diagnostic accuracy and avoid the possibility of a repeat examination.

MOVIPREP[®] AS AN OUTPATIENT

Preparing for your procedure

Your Doctor wants to examine your large intestine (also called bowel or colon). This is a simple process, but first your bowel must be totally clean so the Doctor can see clearly. Before your examination your Doctor wants you to take MOVIPREP[®]. This product empties and cleans your bowel.

DO NOT take oral medication 1 hour either side of drinking your MOVIPREP[®]. Please follow instructions given by your Doctor or Nurse regarding medication.

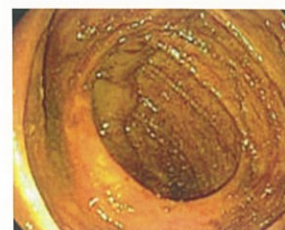
Please **READ** this leaflet carefully and follow the instructions. If you have any questions please talk to your Doctor or Nurse. You will be helping make sure the examination goes well by following all instructions.

Tell your Nurse or Doctor **IF YOU SUFFER FROM CONSTIPATION or HAVE A HISTORY OF CONSTIPATION and / or YOU USUALLY EAT A HIGH FIBRE DIET**: They may recommend you take a laxative such as MOVICOL[®] to overcome the constipation. The dose is 1 sachet daily. This may be increased to 2 - 3 sachets daily if required. If more than 1 sachet is required then the dose may be split (eg morning & night). MOVICOL[®] is available over the counter from pharmacy or via prescription from your doctor.

Please follow any instructions given by your Nurse or Doctor.



Excellent Bowel Preparation



Poor Bowel Preparation

3 Days Prior to your procedure, start a "low residue diet"

AVOID FOODS THAT CONTAIN NUTS, WHOLE GRAINS, SKINS, SEEDS OR FIBRE

Day: _____ Date: _____

THERE IS A SUGGESTED MENU FOR THESE 3 DAYS ON THE BACK PAGE

The following table suggests types of foods to avoid and those allowed during these 3 days.

 AVOID	 ALLOWED
Wholegrain bread, fibre enriched white bread, wholemeal (brown) rice or pasta, corn meal, cereals, muesli, muesli bars, oats (porridge)	English muffins, French toast, plain white bread, white toast, panini, Cornflakes [®] , Rice Bubbles [®] , white flour, white pasta, white rice
Casseroles or dishes containing vegetables	Lean beef, pork, lamb, veal, fish, poultry, eggs, sausages, bacon, meat curries (no onion) Plain meat/steak and bacon pies, tofu, meat substitutes
Strawberries, passionfruit, citrus fruit, grapes, tomato, capsicum, peas, corn, onions Legumes, such as baked beans or kidney beans, lentils, barley, split peas. All fruit and vegetable skins and seeds	Clear strained fruit juice (clear apple, clear pear), strained vegetable juice (V8), Skin free pumpkin and potato (mashed, steamed, baked), potato salad – with mayonnaise, egg, ham
Coconut, dried fruit, nuts, sultanas, raisins, seeds eg linseed, sesame, sunflower, poppy Fruit yoghurt, Jevity [®] , Sustagen [®] Hospital with fibre, Nutrison [®] Multi Fibre	All milks, plain yoghurt, cheese, white sauces, sour cream, butter, margarine, oil, mayonnaise, vanilla ice cream, meringue, custard
Jams and marmalades with skins, seeds or peel, peanut butter, mustard, most relishes	Vegemite [®] , honey, lemon butter, cheese spread, fish and meat paste
AVOID ALL FIBRE SUPPLEMENTS SUCH AS: Metamucil [®] , Normafibe [®] , Normacol [®] Plus, Nucolox [®] , psyllium, Benefiber [®] , Fybogel [®]	Include at least 6 - 8 glasses per day: Strained broths, clear soups, beef tea, soup cubes, water, soda water, tea, coffee, cordial, Bonox [®] , Bovril [®] , Milo [®] , Aktavite [®] , Sustagen [®] , Ensure [®] , Digestelact [®]

THE DAY BEFORE YOUR PROCEDURE

Day: _____ Date: _____

Follow the instructions appropriate to your procedure time

MORNING PROCEDURE	AFTERNOON PROCEDURE
On the day before your procedure you can have a Light Breakfast (from the "low residue" menu plan), still avoiding foods containing nuts, grains, skins or fibre	On the day before your procedure you can have a Light Breakfast and Light Lunch (from the "low residue" menu plan), still avoiding foods containing nuts, grains, skins or fibre
DRINK ONLY CLEAR FLUIDS FROM BREAKFAST UNTIL INSTRUCTED. Refer to last page of this leaflet - Clear Fluids Table	DRINK ONLY CLEAR FLUIDS FROM LUNCH UNTIL INSTRUCTED. Refer to last page of this leaflet - Clear Fluids Table
At 2pm prepare your first 1 Litre of MOVIPREP® by mixing sachet A & B in water to make 1 Litre then place in the refrigerator to chill. Full MOVIPREP® mixing instructions are on the back page.	At 4pm prepare your first 1 Litre of MOVIPREP® by mixing sachet A & B in water to make 1 Litre then place in the refrigerator to chill. Full MOVIPREP® mixing instructions are on the back page.
At 4pm start drinking your MOVIPREP®. Over the next 1.5 hours (90 mins) drink 1 Litre of MOVIPREP® plus 500 mL (2 cups) of clear fluids. Begin with MOVIPREP® but you can alternate between clear fluids and MOVIPREP®. It is important to finish ALL the MOVIPREP® and CLEAR FLUIDS	At 6pm start drinking your MOVIPREP®. Over the next 1.5 hours (90 mins) drink 1 Litre of MOVIPREP® plus 500 mL (2 cups) of clear fluids. Begin with MOVIPREP® but you can alternate between clear fluids and MOVIPREP®. It is important to finish ALL the MOVIPREP® and CLEAR FLUIDS
CONTINUE DRINKING CLEAR FLUIDS.	CONTINUE DRINKING CLEAR FLUIDS.
At 6pm prepare your second 1 Litre of MOVIPREP® by mixing sachet A & B in water to make 1 Litre then place in the refrigerator to chill. Prepare your 500 mL (2 cups) of CLEAR FLUIDS from the clear fluids table on the back page.	Before going to bed prepare your second 1 Litre of MOVIPREP® by mixing sachet A & B in water to make 1 Litre then place in the refrigerator to chill. Prepare your 500 mL (2 cups) of CLEAR FLUIDS from the clear fluids table on the back page.
At 9pm start consuming your second 1 Litre of MOVIPREP®. Over the next 1.5 hours (90 mins) drink 1 Litre of MOVIPREP® plus 500 mL (2 cups) of clear fluids. Begin with MOVIPREP® but you can alternate between clear fluids and MOVIPREP®. It is important to finish ALL the MOVIPREP® and CLEAR FLUIDS	At 6am start consuming your second 1 Litre of MOVIPREP®. Over the next 1.5 hours (90 mins) drink 1 Litre of MOVIPREP® plus 500 mL (2 cups) of clear fluids. Begin with MOVIPREP® but you can alternate between clear fluids and MOVIPREP®. It is important to finish ALL the MOVIPREP® and CLEAR FLUIDS

This solution is designed to give you watery diarrhoea. Your bowel motions will become clearer and clearer and will eventually look like urine, yellow water or beer. Please check the toilet bowl to see whether this is happening. Before diarrhoea commences apply a water repellent ointment (Lanolin, Vaseline®, Amolin®) to your anal area.

If you are unsure of any aspects of the preparation or you are having an adverse reaction or any problems, ring the number you have been given.

You have now completed your preparation for your examination. It is important to consume **ONLY CLEAR FLUIDS** until otherwise instructed. Remember your **NIL by mouth** time (nothing to eat or drink). This is important for your procedure to be successful.

NIL by mouth from: _____

SUGGESTED 'LOW RESIDUE' MENU PLAN ONLY

This menu plan is a suggestion only and is not intended for long term use, as it contains fewer vegetables and fruits than recommended in a balanced diet. If you have a questions about the low residue diet, please contact your Clinic.

BREAKFAST	LUNCH /DINNER	SNACKS
Juice- apple, cranberry, pear, white grape Plain yoghurt (no fruit or nut topping) Small bowl Cornflakes® or Rice Bubbles® 2 eggs poached, boiled or scrambled Bacon, sausage Hash browns 1 slice white toast French toast, cinnamon sugar Plain mince, Vegemite®, honey Croissants- plain or ham and cheese Low fibre muffin - no fruit or nuts Crumpets and honey Pancakes with syrup Chocolate brioche Tea, Coffee, Water	Clear soups, broths, chicken noodle soup Fish, steak, chops, ham, chicken, turkey Potato or pumpkin (skinless), baked, steamed, mashed, potato salad Pasta carbonara or macaroni cheese (no tomato paste or bottled sauces) Sandwiches - white bread / roll, Panini: chicken, ham (no mustard), tuna, turkey, pastrami, corned beef, cheese, egg Baked rice custard, chocolate mousse Plain ice-cream Water, Soft drink, Tea, Coffee	Cheese and plain crackers Rice cakes, protein bars (no nuts) Ham quiche Parmesan cheese sticks Wedges with sour cream Cake based on white flour Biscuits based on white flour Chocolate biscuits – no nuts Cheesecake- no wholemeal crust Scones with honey Pikelets with lemon & sugar or honey Waffles with syrup Vanilla slice (no passionfruit seeds), Doughnut, Custard Danish or custard tart, Meringue kisses, Milkshakes, egg flips, protein shake Clear sports drinks, tea, iced tea, Coffee, hot chocolate Plain / chocolate Sustagen® Ensure®, Digestelact®, Water

WHILST ON CLEAR FLUIDS YOU ARE ALLOWED

- Water
- Black tea
- Black coffee
- Cordial – orange or lemon
NO red, green, purple or blue.
- Fruit Juice – pulp free orange or clear apple.
- Clear Soup – strain bits out before drinking.
- Yellow or orange jelly.
- Sports Drinks eg Gatorade® or Powerade®. **NO red, green, purple or blue.**
- Beef tea eg Bovril®, Bonox®
- Soup cubes eg stock cube in hot water.

MOVIPREP PREPARATION INSTRUCTIONS

- Each Box of MOVIPREP® contains
 - 2 clear bags.
 - Each bag contains 2 sachets marked A and B.
- Open 1 clear bag and remove sachets A and B.
- Empty the contents of both sachets into an empty jug with a 1 Litre mark.
- Add water (not chilled) and make 1 Litre of solution.
- Stir the solution until the powder has dissolved and the MOVIPREP® solution is clear or slightly hazy. This may take up to 5 mins. You may chill the MOVIPREP® before drinking.
- Have at least two (2) glassfuls (250 mL each) of CLEAR FLUIDS (as listed above) to drink with your MOVIPREP®. (Clear fluids are NOT mixed with the prep)**



Note: Please read pack insert in product packaging before use.

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