

Hospital/ Preparation Information for Procedures that Include Colonoscopy

(Please read this in conjunction with the MOVIPREP brochure)

- Complete online admissions through the hospital website or submit paper hospital admission booklet to the hospital, ideally 1 - 2 weeks prior to your procedure date. **The hospital will contact you one business day before your procedure with arrival time instructions. Please be aware that they often do not contact patients until the afternoon (up to around 3pm) of the day before.**
- You will need to purchase one box of Moviprep – available from most chemists. Please follow the instructions here and on the Moviprep brochure given at your appointment. Do not use instruction paper in the Moviprep box.
- Make arrangements to be accompanied home from the hospital by a person known to you (Uber/taxi drivers are not permitted pickup drivers unless you are also accompanied by a person known to you). Please contact the hospital if you have any queries about getting home.
- You will be at the hospital for around 4 hours total. Do not bring any valuables to the hospital. You may like to bring some reading material.
- Dr Pang will speak to you about the results during your recovery post-procedure.
- You can return to your usual routine the following day, including work, and driving.
- **PLEASE READ MEDICATIONS ADVICE ON PAGE 2.**

One Week before the Procedure:

- **Cease iron tablets, cease NSAIDS** (Naprosyn, Mobic, Nurofen etc)

Three Days before the Procedure:

- Commence a **low residue diet** (see MOVIPREP instructions for description). **Drink plenty of fluids.**
- Make sure that you have a **good bowel action daily**. Use **laxatives** if required. It is very important you are not constipated when you start the formal bowel preparation. Possible laxatives include **two Coloxyl with Senna tablets** twice daily for mild constipation. For more severe constipation, dissolve **one Movicol sachet** in 120mL water and use **two sachets daily** before starting bowel preparation.

The Day before the Procedure:

- Try to **keep active**. **Drink plenty of fluids** to avoid dehydration, including before/after the preparation is taken.
- **For hospital admission before 10.30am:** follow Moviprep “MORNING PROCEDURE”.
- **For hospital admission 10.30am or after:** follow Moviprep “AFTERNOON PROCEDURE”.
- DO NOT take oral medication 1 hour either side of drinking MOVIPREP as it may not be absorbed.
- The preparation works quickly and the effects last for 2-3 hours, or longer in some cases. The preparation will cause multiple bowel movements and watery stools.

Tips for drinking the bowel prep:

- Drink the mixture down in 3 or 4 swallows, trying not to taste the mixture. Sip small amounts of sweet liquid (eg. flat clear lemonade or light-coloured cordial) between swallows to counteract the salty taste.
- You can continue to alternate between the prep and clear fluids if unable to drink mixture in a few swallows.

The Day of the Procedure:

- Your bowel motions should be clear by now – i.e. eliminating clear, or close to clear, liquid.
- Stop all fluids 3 hours before your admission time. Important medications (eg. heart or blood pressure medications) may be taken with a sip of water no later than 3 hours before.

Medication Information

Diabetes Meds	
Cease 3 Days Prior	Forxiga (dapagliflozin), Jardiance (empagliflozin), Xigduo (dapagliflozin/metformin), Jardiamet (Empagliflozin + metformin), Metformin
Withhold day of procedure	Janumet (sitagliptin/metformin), Velmetia (sitagliptin/metformin), Diabex (metformin)
<u>If you are a diabetic on insulin</u>	Take half your normal insulin dose the day before the procedure with preparation and do not take insulin the day of the procedure until advised after your procedure. Monitor your BLOOD SUGAR LEVEL at home carefully and ingest sugar if low

Wegovy, Ozempic, Mounjaro, etc	Cease 1 Week Prior
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Blood Thinners	
If you are on blood thinning agents and have a history of a recent stroke (less than 12 months), coronary stent or venous thrombosis, please follow advice given by Dr Pang. If you don't have a history of recent such events, please follow the advice below:	
Cease 5 Days Prior	Iscover, Plavix, Clopidogrel or Asasantin – replace with Aspirin 100mg/day.
Cease 3 Days Prior	<u>Warfarin</u> – stop 3 days before the procedure and commence Clexane subcutaneous injections either 1.5mg/kg once daily – you will need to see your GP to arrange this. The last dose of Clexane should be on the morning of the day before the procedure i.e. no Clexane from 24 hours before the procedure.
Cease 2 Days Prior	Xarelto (rivaroxaban), Eliquis (apixaban), Pradaxa (dabigatran)
Continue to take	If on Aspirin alone (Cartia, Astrix, Solprin etc) continue to take. It is completely safe to continue this for your procedure.