

**MOVIPREP<sup>®</sup> ORANGE**

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

**MOVIPREP<sup>®</sup> LEMON**

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

## AS AN OUT-PATIENT



CAIRNS

GASTROENTEROLOGY

cairnsgastro.com.au

CELEBRATING **10<sup>+</sup>** YEARS  
SERVICE IN FAR NORTH QUEENSLAND

Patient Name: \_\_\_\_\_

Procedure Date: \_\_\_\_\_

Admission Time: \_\_\_\_\_

NIL by Mouth (Nothing to eat or drink): \_\_\_\_\_

Special Instructions: \_\_\_\_\_

Patient Enquiries Phone (07) 4041 2877

(During Office Hours)

**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<sup>®</sup> - AS AN OUT-PATIENT

## 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<sup>®</sup>**. This product empties and cleans your bowel. You will experience frequent, watery bowel movements so it is important that you stay **close to a toilet**.

**IMPORTANT: PLEASE TAKE ALL YOUR USUAL MEDICATIONS UNLESS OTHERWISE INSTRUCTED IF YOU HAVE ANY QUESTIONS, PLEASE RING US ON (07) 4041 2877.**

Day: \_\_\_\_\_ Date: \_\_\_\_\_

3 days prior to your procedure, start a “low residue diet”

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

### 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.*

<b>AVOID</b>	<b>ALLOWED</b>
Wholegrain bread, fibre enriched white bread, wholemeal (brown) rice or pasta, corn meal, cereals, muesli, muesli bars, oats (porridge)	Plain white bread / panini /English muffins white toast / French toast, Cornflakes <sup>®</sup> , Rice Bubbles <sup>®</sup> , 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 <sup>®</sup> ), skin-free pumpkin and potato (mashed, steamed, baked) potato salad (with mayonnaise, egg, ham)
Coconut, dried fruit, nuts, sultanas, raisins, seeds e.g. linseed, sesame, sunflower, poppy, Fruit yoghurt, Jevity <sup>®</sup> , Sustagen <sup>®</sup> Hospital with fibre, Nutrison <sup>®</sup> Multi Fibre	Plain yoghurt, cheese, white sauces, sour cream, butter, margarine, oil, mayonnaise, plain ice cream, meringue, custard
Jams and marmalades with skins, seeds or peel, peanut butter, mustard, most relishes	Vegemite <sup>®</sup> , honey, lemon butter, cheese spread, fish and meat paste
<b>AVOID ALL FIBRE SUPPLEMENTS SUCH AS:</b> Normafibe <sup>®</sup> , Normacol <sup>®</sup> Plus, Nucolox <sup>®</sup> , Benefiver <sup>®</sup> , Fybogel <sup>®</sup> , Metamucil <sup>®</sup>	Include at least 6-8 glasses of fluid per day in the form of strained broths, clear soups, beef tea, e.g. Bovril <sup>®</sup> and Bonox <sup>®</sup> , soup cubes, water, soda water, tea (no milk), coffee (no milk), cordial, Aktavite <sup>®</sup> , Sustagen <sup>®</sup> , Ensure <sup>®</sup> , Digestelact <sup>®</sup>

**THE DAY BEFORE YOUR PROCEDURE.** Day \_\_\_\_\_ Date \_\_\_\_\_

**Follow the instructions appropriate to your procedure time**

## PREPARATION INSTRUCTIONS

On the day before your procedure you can have **Light Breakfast and Light Lunch (before 1 pm)** still avoiding foods containing nuts, grains, skins, seeds or fibre

**ONLY CLEAR FLUIDS** may be consumed after lunch. Please refer to last page of this leaflet - Clear Fluids Table.

At **4 pm** prepare your first 1 L of **MOVIPREP®** by mixing sachet A & B in water to make 1 L then chill, if preferred. Prepare your 500 mL (2 cups) of CLEAR FLUIDS from the clear fluids table on back page. Full **MOVIPREP®** mixing instructions are on the last page of this leaflet.

At **6 pm** start consuming your **MOVIPREP®**. Over the next 1½ hours (90 minutes) drink the 1 L of **MOVIPREP®** plus 500 mL (2 cups) of clear fluids. Begin with **MOVIPREP®**, but the clear fluids can be interspersed with **MOVIPREP®**, if preferred. It is important to finish ALL the **MOVIPREP®** and CLEAR FLUIDS.

### CONTINUE DRINKING CLEAR FLUIDS

**Before going to bed** prepare your second 1 L of **MOVIPREP®** by mixing sachet A & B in water to make 1 L then chill, if preferred. Prepare your 500 mL (2 cups) of CLEAR FLUIDS from the clear fluids table on the last page of this leaflet. Note the time you are required to start your second 1 L of **MOVIPREP®** and set an alarm accordingly.

**THE DAY OF YOUR PROCEDURE.** Day \_\_\_\_\_ Date \_\_\_\_\_

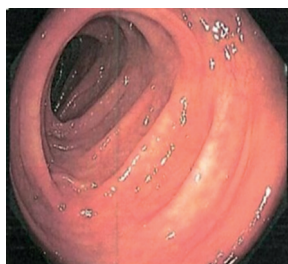
Start consuming your second 1 L of **MOVIPREP®** \_\_\_\_\_ hours prior to your admission time. Admission time is on the Front Page. Over the next hours (90 minutes) drink the 1 L of **MOVIPREP®** plus 500 mL (2 cups) of clear fluids. Begin with **MOVIPREP®**, but the clear fluids can be interspersed with the **MOVIPREP®**, if preferred. It is important to finish ALL the **MOVIPREP®** and CLEAR FLUIDS.

**This solution is designed to give you watery diarrhoea. Your stools 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. If required, apply a water repellent cream (lanolin, Vaseline™, Amolin™) to your anal area before the diarrhoea commences.**

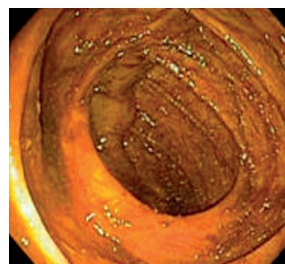
If you are unsure of any aspects of the preparation or you are having any adverse reaction or any problems, please contact us on (07) 4041 2877 (during office hours) or your nearest emergency department (after hours).

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: \_\_\_\_\_



Excellent Bowel Preparation



Poor Bowel Preparation

## “Low Residue” Meal Plan – Suggestion Only

This menu plan is a suggestion only and is not intended for long term use, as it contains fewer vegetables and fruits than is normally recommended.

BREAKFAST	LUNCH /DINNER	SNACKS
Juice- apple, cranberry, pear, white grape 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 Muffin - no fruit or nuts Crumpets and honey Pancakes with syrup Chocolate brioche Tea (no milk) Coffee (no milk) 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 (no milk) Coffee (no milk)	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, Doughnut, Custard Danish or custard tart, Meringue kisses Tea (no milk), iced tea Coffee (no milk) Plain / chocolate Sustagen® Ensure®, Digestelact®, water

### Whilst on CLEAR FLUIDS ONLY, you are allowed:

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

### MOVIPREP® PREPARATION INSTRUCTIONS:

<ol style="list-style-type: none"> <li>Each Box of <b>MOVIPREP®</b> contains                             <ul style="list-style-type: none"> <li>2 clear bags.</li> <li>Each bag contains 2 sachets marked <b>A</b> and <b>B</b>.</li> </ul> </li> <li>Open 1 clear bag and remove sachets A and B.</li> <li>Empty the contents of both sachets into an empty jug.</li> <li>Add water (not chilled) and make 1 L of solution.</li> <li>Stir the solution until the powder has dissolved and the <b>MOVIPREP®</b> solution is clear or slightly hazy. This may take up to 5 minutes. You may chill the <b>MOVIPREP®</b> before drinking, if preferred. Do not store for more than 24 hours.</li> <li><b>Have at least two (2) glassfuls (250 mL each) of CLEAR FLUIDS (as listed above) to drink with your MOVIPREP®. Do not use a clear fluid to make up the MOVIPREP® solution. Only use 500 mL of water, as instructed.</b></li> </ol>	
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Note: Before use, please read the MOVIPREP® Consumer Medicine information found in the product packaging and available on-line from [www.norgine.com.au/our-products/moviprep](http://www.norgine.com.au/our-products/moviprep).