



Patient Information Leaflet

Bowel Preparation
Using Moviprep



Harley Street
Medical Centre

Bowel Preparation

How do I prepare?

This preparation is used to completely clean the bowel before your procedure. It is important to achieve a good procedure. If you are not properly prepared, the examination will have to be re-booked.

Do not eat whole grain products, tomatoes, kiwis or grapes for 3-4 days before the day of the procedure. Dairy products are not allowed like cheese, milk, yoghurt and milk products 2 days before the procedure.

You can eat solid foods until 12.00 - 1.00 pm on the day before the procedure. After 01:00 PM on the day before the procedure you can ONLY have a liquid diet (which is described later). Please stop taking iron products and multivitamins at least 3 days before the procedure.

MOVIPREP

1. Moviprep is the medicine we use for cleaning the colon prior to the procedure. One box of Moviprep contains 2 single packs that hold 2 bags labelled A and B. The larger bag A contains (called Macrogol) and bag B contains Vitamin C.
2. The first package of Moviprep should be opened at 4:00 PM on the day before the scheduled colonoscopy and dissolved in precisely 1 litre of cold water/juice while stirring.
3. You must drink the Moviprep solution within 1 hour. It is very important that you drink about 1.5 to 2 litres of clear liquid afterwards within 1-2 hours.
4. You should expect undisturbed night rest when preparing this

drink. You may take evening medications needed between 9:00 PM and 10:00 PM., although this should be discussed with your doctor.

5. The pack that is prepared on the day of examination contains bags A and B. You should start this about 4-5 hours before your scheduled colonoscopy.

6. Both bags should be dissolved in 1 litre of cold water/juice on the day of the procedure.

What is my DIET for 24 hours before the procedure:

Do NOT eat solid foods, or eggs, milk or dairy products. During this time, drink lots of water and clear fluids, including:

- Clear tea and clear coffee
- Clear soup broth
- Lemonade, Sprite, 7-up, Ginger Ale
- Apple or grape juice
- Continue to take all of your prescribed medications
- You are allowed to drink clear fluids until:

- 2 hours before the procedure

For Diabetics Only:

If you are diabetic and taking tablets or insulin, follow the advice below:

- Continue to take your medication to control your diabetes after discussion with the physician.
- If you are taking Insulin please check with your physician.
- Take the preparation as instructed.

What do I need to do on the day before the procedure?

1. Have a regular breakfast.
2. After breakfast drink lots of water and clear fluids.
3. Have a light meal between 12.00 – 1.00 pm
4. Have at least one serving of clear fluids every hour.
You may continue to drink clear fluids until 2 hours before your appointment time.
5. Continue to take all of your prescribed medication after discussion with your doctor.








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