

Follow the instructions below:

## St Vincents Private Hospital Preparation Instructions

**ON THE DAY BEFORE YOUR PROCEDURE**, you can have **Breakfast** by 8am, still avoiding foods containing nuts, grains, skins, seeds or fibre

HAVE ONLY CLEAR FLUIDS AFTER BREAKFAST  
Refer to bottom of page – Clear Fluids Table

AT **4pm** prepare your first 1L of MOVIPREP by mixing sachet A & B in 1L of water then chill. Prepare your 500 mL (2 glasses) of CLEAR FLUIDS from the clear fluids table below. Full MOVIPREP mixing instructions are on the Back Page

At **6pm** start consuming your MOVIPREP. Over the next 1Hr (60 mins) drink the 1L of MOVIPREP, then at least 500mL (2 glasses) of clear fluids. Begin with MOVIPREP but the clear fluids can be interspersed with the preparation if preferred. It is important to finish ALL the MOVIPREP and CLEAR FLUIDS.

CONTINUE DRINKING CLEAR FLUIDS WHILST AWAKE, UNTIL THE NEXT LITRE OF MOVIPREP. **BEFORE GOING TO BED**, prepare your second 1L of MOVIPREP by mixing sachet A & B in 1L of water then chill. Prepare your 500 mL (2 glasses) of water.

### **ON THE DAY OF YOUR PROCEDURE**

**FOUR HOURS PRIOR TO YOUR ADMISSION TIME**, start consuming your second 1L of MOVIPREP. Over the next 1Hr (60mins) drink the 1L of MOVIPREP plus 500 mL (2 glasses) of water. Begin with MOVIPREP but the water can be interspersed with the preparation if preferred. It is important to finish ALL the MOVIPREP and WATER within the hour.

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. If required, apply a water repellent cream (Lanolin, Vaseline, Amolin) to your anal area once the diarrhoea commences. If you are unsure of any aspects of the preparation, or you are having an adverse reaction or any problems, phone St Vincents Private Hospital on (02) 6627 9223 at any time.

You have now completed your preparation for your examination. It is important to consume ONLY WATER until otherwise instructed. Remember your Stop Clear Fluids Time as this is important for your procedure to be successful.

### **Whilst on Clear Fluids please have 2-3 litres per day**

<i>Water, Black Tea, Black Coffee, Herbal Tea, Green Tea</i>	<i>Clear Soup – strain bits out before drinking (e.g. chicken soup strained)</i>
<i>Cordial - orange or lemon</i> <b>No red, green, purple or blue</b>	<i>Sports Drinks (eg. Gatorade or Powerade)</i> <b>No red, green, purple or blue</b>
<i>Fruit Juice – pulp free orange or clear apple</i> <i>Lemonade ice blocks</i>	<i>Beef Tea (eg. Bovril, Bonox, Vegemite)</i>
<i>Jelly – orange or yellow</i> <b>No red, green, purple or blue</b>	<i>Soup Cubes (eg. stock cube in hot water)</i>