

Colonoscopy with general anaesthetic: preparation at home using Moviprep[®]

patient information

Moviprep[®] is available from your pharmacist without prescription.

THREE DAYS BEFORE THE EXAMINATION

- Try to maintain a normal bowel movement pattern.
- Do not eat grapes, tomatoes, kiwis and sesame seeds.

THE DAY BEFORE THE EXAMINATION

In the morning and at lunchtime

Eat low fibre foods:

- ✗ Do **not** eat: raw vegetables, raw fruit, brown bread, nuts, mushrooms.
- ✓ You **can** eat: white bread, pasta, mashed or boiled potatoes, fish, dairy produce, eggs, broth.

At approximately 16.00 hrs

- Have a light meal, e.g. a white bread jam sandwich.
- After that you must **not eat anything else**, but you can drink (water, coffee, tea, fruit juice without bits).

At approximately 18.00 hrs (at least two hours after your evening meal)

- Drink a litre of Moviprep[®] within an hour.
- Drink at least an additional litre of clear liquid (non carbonated).

At approximately 22.00 hrs

- Drink a litre of Moviprep[®] within an hour.
- Drink at least an additional litre of clear liquid (non carbonated).
- Do not drink anything after midnight.

THE DAY OF THE EXAMINATION

- **Do not have breakfast.**
- **Do not drink anything.**
- Medication must be taken in consultation with the physician (to be taken before 6.00 o'clock).

POINTS OF SPECIFIC ATTENTION

- Arrange transport. After the anaesthetic, which is administered into a vein, you will not be allowed to drive for the remainder of the day.
- Make sure that you are present at the agreed time.
- Anticoagulants and iron preparations must be stopped beforehand in consultation with your GP.
- You will have to remain in hospital for at least another hour after the examination.

Please do not hesitate to call us in the event of
problems: Tel. 016 34 33 51.