

COLONOSCOPY TIMETABLE

1 WEEK BEFORE	3 DAYS BEFORE	1 DAY BEFORE	DAY OF EXAM	AFTER THE EXAM
<p>STOP Iron Stool bulking drugs</p>	<p>Begin low residue diet (see over)</p>	<p>No medications from one hour before taking the bowel preparation to one hour after taking the bowel preparation</p>	<p>Drink plenty of clear fluids (see over)</p>	<p>Drink plenty of fluids</p>
<p>CALL ENDOSCOPY - if you have not already been told how to prepare if you are a - Diabetic Haemophiliac On blood thinning drugs e.g. warfarin, clopidogrel, aspirin Have a pacemaker/ICD</p>	<p>If you are taking a contraceptive pill you are advised to use an alternative until your next period begins</p>	<p>Take bowel preparation as required – remember to drink at least another 500mls (1pint) of fluid with each sachet</p>	<p>If having a gastroscopy as well remember to stop drinking 2 hours before your procedure</p>	<p>Return to normal diet</p>
<p>CONTINUE TO TAKE DURING THE PREPARATION YOUR Heart, blood pressure, epilepsy and steroid tablets</p>	<p>Buy baby wipes, vaseline or zinc & castor oil to prevent sore bottom</p>	<p>Begin a clear liquid diet (see over)</p>		<p>Remember it might take up to 48 hours for your bowels to go back to normal</p>
		<p>Stay near a toilet</p>		
<p style="text-align: center;">SIDE EFFECTS</p> <p>Cramps, Indigestion, Feeling cold, Tiredness, Sore bottom, Thirst, Nausea/vomiting, Hunger, Difficulty sleeping, Dizziness, Headache, Difficulty swallowing Call the hospital if you have any of the following; Rash/itching, Swelling face, ankles or any other part of your body, Palpitations, Extreme fatigue, Shortness of breath</p>			<p style="text-align: center;">!!HELP IT TASTES HORRIBLE!!</p> <p>Put in fridge OR add ice Drink through straw Drink small amounts but often Add squash – not red or purple coloured varieties Add real lemon or lime juice</p>	



To prepare and take MOVIPREP

- Each box of Moviprep contains two sealed bags.
- Each sealed bag contains one sachet mark A and one marked B.
 - Open one bag and empty sachet A and sachet B into a jug.
 - Add 1 litre of water (not chilled) stir until completely dissolved.
 - Add cordial to taste (not red or purple squash).
 - Drink one glassful of (250ml) every 15 to 30 minutes until you have drunk it all (about 1 – 2 hours).

Take your time there is no need to rush.

- Drink an additional 500mls of clear fluid

Diet only on

Take first Moviprep sachet at

Clear fluids only from

Take second Moviprep at