

PREPARING FOR YOUR COLONOSCOPY

ESSENTIAL INFORMATION FOR PATIENTS UNDERGOING COLONOSCOPY AND TAKING Moviprep (Morning Appointment)

PRIOR TO YOUR PROCEDURE, please inform Aubin Ward if:

- You are taking MEDICATION TO THIN THE BLOOD (ANTICOAGULANTS) such as Aspirin, Warfarin, Clopidogrel, Dabigatran, Apixaban or Rivaroxaban.
- You are Diabetic.
- You have had major surgery on your bowel.
- You have recently been treated for low electrolyte/salt levels.
- **If you have recently had chemotherapy.**

7 days before your procedure:

- Stop all oral iron supplements (the tablet name will start with ferrous) and stool bulking agents such as Fybogel.

5days before your procedure:

- If it is appropriate, you will need to stop taking Warfarin tablets. If you take Warfarin tablets, please call the ward for instructions if not already discussed with them.

3 days before your procedure:

- **You must follow the enclosed low-fibre diet sheet.**
- **Ensure you have collected your prescription.**

1 day before your procedure:

- Have breakfast before 9am (follow the low-fibre diet sheet). As from 9am onwards you can only have clear fluids.
- Drink plenty of clear fluids, such as water, black tea or coffee, clear soups or Bovril, cordials or Lucozade (clear), to clear the bowel and prevent headaches caused by dehydration.
- **Between 17:00 and 18:00hrs** take your first two sachets (A&B) of Moviprep as instructed. **Do not forget to drink an extra 500ml of clear fluids.**

The Day of your procedure:

- Drink the second two sachets (A&B) of Moviprep starting at **05:00hrs**. **Do not forget to drink an extra 500ml of clear fluids.**

You may take clear fluids until 2 hours before your appointment time.

Important information

If you are taking **Blood thinners, Iron tablets** and for **medical queries about your endoscopy procedure**, please **call our pre-assessment team** as soon as possible on **444355** or leave an answer phone message if necessary. Thank you!