Morning Procedure Bowel Preparation Instructions

**Procedure Date**:

**2 Days before procedure**:

**Bedtime** Take the first set of Bisocodyl tablets (x2) with 250ml Water (if supplied)

**1 Day before procedure:**

**8am** You may have a low fibre breakfast (see diet recommendations overleaf)

Take the second set of Bisocodyl tablets (x2) with 250ml Water (if supplied)

**Midday** You may have a low fibre Lunch (see diet recommendations overleaf)

**2pm** Prepare first batch of MoviPrep (sachet A & B) into 1 litre of water

You may add ice or lemon/lime juice to improve the taste

Drink over the next 2 hours

**-----You must not eat from now on-----**

**4-5pm** Please drink a further 3 to 4 250ml fluids of your choice

**Do not drink milk or red/pink juices**

**7pm** Prepare second batch of MoviPrep (sachet A & B) into 1 litre of water

You may add ice or lemon/lime juice to improve the taste

Drink over the next 2 hours

am Please drink a further 3 to 4 250ml fluids of your choice

**Do not drink milk or red/pink juices**

**On the day of your procedure:**

Do not eat any food. Drink water only, and follow the standard fasting instructions as provided to you by the preop team

**Low Fibre Diet – follow this for 5 days before procedure.**

|  |  |  |
| --- | --- | --- |
|  | **FOODS ALLOWED** | **FOODS NOT ALLOWED** |
| |  | | --- | | **BREADS AND CEREALS** | | |  | | --- | | * Rice Krispies, Cornflakes, * Crackerbread or water crackers * White Rice, white bread, * Pasta | | |  | | --- | | * All other breakfast cereals * Wholemeal bread, biscuits, pastry,   all baked products containing flour   * Brown rice | |
| |  | | --- | | **MAIN MEALS** | | |  | | --- | | * White Meat such as Fish or chicken - use stocks as liquid and flavouring * Steamed fish * Eggs - omelette, scrambled, poached * Clear Soups | | |  | | --- | | * Sausages, tinned meats/ fish * breadcrumbed or battered meats or fish * Gravy, sauces * Thick soups, noodles or vegetables | |
| |  | | --- | | **FRUIT AND VEG** | | |  | | --- | | * Mashed Potato * Pureed Pumpkin, carrot, suede | | |  | | --- | | * All other vegetables. * Fruits, all varieties, including dried fruit. | |
| |  | | --- | | **DESSERTS** | | |  | | --- | | * Jelly (not pink or red in colour) * Milk, cheese , plain yoghurt * Meringues | | |  | | --- | | * Fruit yoghurts * Milk puddings | |
| |  | | --- | | **EXTRAS** | | * Honey, smooth jams, syrup. * Marmite, Bovril * Butter, vegetable oils * Cream * Salt, pepper, seasonings * Ice lollies, boiled sweets | |  | | --- | | * Jams, Marmalade with skins, seeds and pips, peanut butter. * Nuts, popcorn, crisps * Chocolate, toffee and all other sweets | |
| |  | | --- | | **DRINKS** | | * Tea, coffee * Milk * Strained fruit juice * Lemonade, soft drinks, cordial | |  | | --- | | * Red, pink or purple coloured drinks | |
| |  | | --- | | **ONCE MOVIPREP HAS COMMENCED** | | | |
| |  | | --- | | **‘CLEAR’**  **FLUIDS**  **ONLY** | | |  | | --- | | * Coffee or tea without milk * Diabetic or „diet‟ soft drinks (those made with artificial sugar). * Clear soups * Clear fruit juice without pulp e.g. apple, white grape juice * Water (a squeeze of strained lemon juice may be added). | | |

Afternoon Procedure Bowel Preparation Instructions

**Procedure Date**:

**1 Day before procedure:**

**8am** You may eat a low fibre breakfast (see diet recommendations overleaf).

Take the first set of Bisocodyl tablets (x2) with 250ml Water (if supplied)

**Midday** You may have a low fibre Lunch (see diet recommendations overleaf)

**-----You must not eat from now on-----**

**6pm** Prepare first batch of MoviPrep (sachet A & B) into 1 litre of water

You may add ice or lemon/lime juice to improve the taste

Drink over the next 2 hours

**8pm onwards** Please drink a further 3 to 4 250ml fluids of your choice

**Do not drink milk or red/pink juices**

**Bedtime** Take the second set of Bisocodyl tablets (x2) with 250ml Water (if supplied)

**On the day of your procedure:**

**7am** Prepare second batch of MoviPrep (sachet A & B) into 1 litre of water

You may add ice or lemon/lime juice to improve the taste

Drink over the next 2 hours

Do not eat any food.

Follow the standard fasting instructions as provided to you by the preop team, ensuring that you drink plenty of water up to 10am.