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.