

Patient preparation for colonoscopy

- ❖ please do not eat seed bread and fruit with small seeds 2 to 3 day before the procedure
- ❖ please do not eat cereal on the day before the procedure, you may eat a light breakfast (tea, toast, spread, sandwich)
- ❖ for lunch eat clear soup without noodles and take only liquids during the day, such as clear soup, clear juice without pulp, chamomile tea or clear fruit tea. Please do not drink red-coloured or dark juices or teas.
- ❖ please drink one litre of **MOVIPREP** solution at 5 PM (one pack of MOVIPREP dissolved in one litre of water). Mix it all well in order to dissolve the powder completely. The prepared **MOVIPREP** solution you should drink up within one hour. Afterwards, you should take at least a half litre of tea or the above mentioned liquids. During the preparation you may even drink one litre of non-carbonated water with magnesium.
- ❖ the second litre of **MOVIPREP** solution you should drink up at least 4 hours before the procedure, in the morning on the day of the examination. The proceeding is the same as described for the day before.
- ❖ please do not eat any solid food from the start of taking **MOVIPREP** until the end of the examination
- ❖ please do not drink coffee or milk.

REQUIRED are CBC and PT laboratory tests for potential polypectomy.

MOVIPREP powder can be purchased in a pharmacy or can be prescribed by a family physician.

In case of any doubts, please contact our gastroenterology outpatient clinic.