

Patient preparation for colonoscopy
(for patients who do not live in Zagreb and travel on the day of the examination)

- ❖ 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 liquid 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 2 PM (one pack of **MOVIPREP** dissolved in one litre of water, pack A and B). Mix it all well in order to dissolve the powder completely. The prepared solution you should drink up within one hour. Afterwards, you should take at least a half litre of tea or the above mentioned liquids.
- ❖ the second litre of **MOVIPREP** solution you should drink up at 6 PM. The proceeding is the same as the first **MOVIPREP** preparation and intake. Drink as many liquids as possible. During the preparation you may even drink one litre of non-carbonated water with magnesium.
- ❖ please do not eat solid food from the moment 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.

When you prepare this way, you should come for an examination on at o'clock.

NOTE: **MOVIPREP** powder (only one pack is necessary) 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.