

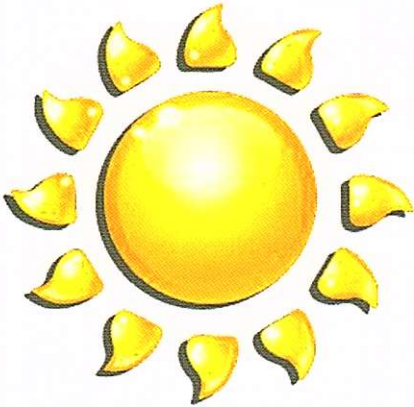
MOVIPREP® ORANGE

2L PEG + ASC (Macrogol 3350 + Sodium ascorbate + Ascorbic acid + Sodium sulfate + Electrolytes)

MOVIPREP®

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AS AN OUT-PATIENT



PATIENT NAME: _____

PROCEDURE DATE: _____

ADMISSION TIME: _____

NIL BY MOUTH (NOTHING TO EAT OR DRINK): _____

SPECIAL INSTRUCTIONS: _____

IMPORTANT

PLEASE READ AND FOLLOW ALL INSTRUCTIONS

Drink all the required fluids to increase diagnostic accuracy and avoid the possibility of a repeat examination.

MOVIPREP® - AS AN OUT-PATIENT

Preparing for your procedure

Your Doctor wants to examine your large intestine (also called bowel or colon). This is a simple process, but first your bowel must be totally clean so the Doctor can see clearly. Before your examination your Doctor wants you to take MOVIPREP®. This product empties and cleans your bowel.

DO NOT take oral medication 1 hour either side of drinking your MOVIPREP®. Please follow instructions given by your Doctor or Nurse regarding medication.

Please READ this leaflet carefully and follow the instructions. If you have any questions please talk to your Doctor or Nurse. You will be helping make sure the examination goes well by following all instructions.

Inform your Nurse or Doctor IF YOU ARE PRONE TO CONSTIPATION and / or YOU USUALLY FOLLOW A HIGH FIBRE DIET:

You may be asked to take a laxative such as MOVICOL® to overcome the constipation. If you are asked to take MOVICOL®, the dose is 1 sachet daily. This may be increased to 2 - 3 sachets daily if required. If more than 1 sachet is required then the dose may be split (eg morning & night). MOVICOL® is available over the counter from pharmacy or via prescription from your doctor. Please follow any instructions given by your Nurse or Doctor.

Day: _____ Date: _____

3 Days Prior to your procedure, start a “low residue diet”

AVOID FOODS THAT CONTAIN NUTS, WHOLE GRAINS, SKINS, SEEDS OR FIBRE

THERE IS A SUGGESTED MENU FOR THESE 3 DAYS ON THE BACK PAGE

The following table suggests types of foods to avoid and those allowed during these 3 days.

AVOID	ALLOWED
Wholegrain bread, fibre enriched white bread, wholemeal (brown) rice or pasta, corn meal, cereals, muesli, muesli bars, oats (porridge)	Plain white bread / panini /English muffins white toast / French toast, Cornflakes, Rice Bubbles, white flour, white pasta, white rice
Casseroles or dishes containing vegetables	Lean beef, pork, lamb, veal, fish, poultry, eggs sausages, bacon, meat curries (no onion) Plain meat/steak and bacon pies, tofu, meat substitutes
Strawberries, passionfruit, citrus fruit, grapes, tomato, capsicum, peas, corn, onions Legumes, such as baked beans or kidney beans lentils, barley, split peas All fruit and vegetable skins and seeds	Clear strained fruit juice (clear apple, clear pear) strained vegetable juice (V8) Skin free pumpkin and potato (mashed, steamed, baked) potato salad – with mayonnaise, egg, ham
Coconut, dried fruit, nuts, sultanas, raisins, seeds eg linseed, sesame, sunflower, poppy Fruit yoghurt, Jevity, Sustagen Hospital with fibre, Nutrison Multi Fibre	All milks, plain yoghurt, cheese, white sauces, sour cream, butter, margarine, oil, mayonnaise, plain ice cream, meringue, custard
Jams and marmalades with skins, seeds or peel, peanut butter, mustard, most relishes	Vegemite, honey, lemon butter, cheese spread, fish and meat paste
AVOID ALL FIBRE SUPPLEMENTS SUCH AS: Metamucil, Normafibe, Normacol Plus, Nucolox, Psyllium, Benefiber, Fybogel	Strained broths, clear soups, beef tea, soup cubes, Water include at least 6 - 8 glasses per day, Soda water, tea, coffee, Bonox, Bovril, cordial, Milo, Aktavite, Sustagen, Ensure, Digestelact