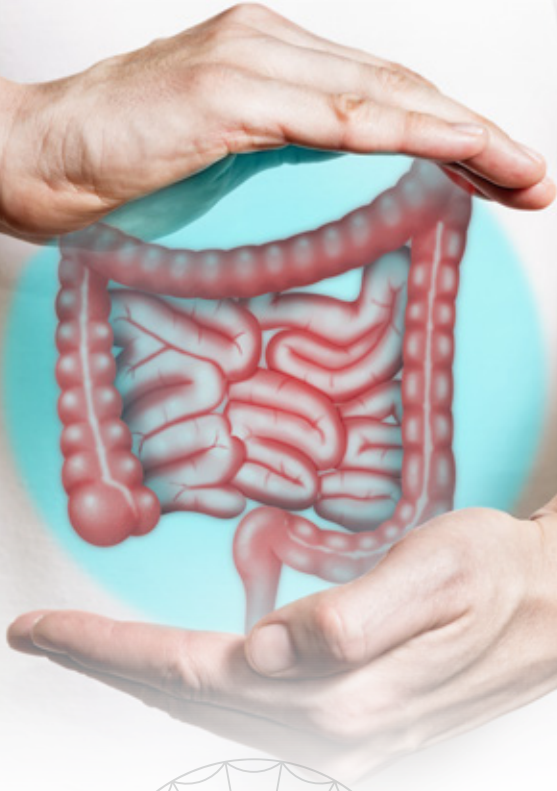


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Bowel Preparation Using Moviprep



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ع: قرية المارينا، فلل رقم: A13 إلى B20

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Bowel Preparation Instructions

If you need to reschedule, cancel, or have any questions about your procedure, please contact 02 613 3999, at least 5 days before your procedure.

Your doctor has scheduled you for a colonoscopy.

To have a successful colonoscopy, your colon must be clear of any stool. This allows your doctor to see your entire colon. For your doctor, “a clean colon is like driving on a country road on a sunny day, while a dirty colon is like driving in a sandstorm.”

It is extremely important to follow these preparation instructions to clear your colon of any stool.

Failure to follow these instructions limits the value of this procedure and your exam may need to be rescheduled.

Daily Medications:

- If you are taking any blood thinners, you must speak to your prescribing physician and the specialist performing your procedure at least 2 weeks before the scheduled test.

Do not stop these medications without the consent of your physician.

- If you are taking any other medications, discuss with your doctor whether you can take these or not.

Diet:

The day before your colonoscopy:

You may have a low residue breakfast and lunch (last meal is at 01:00 PM).

However, this must be followed by clear liquids only for the remainder of the day, up to the day of your procedure.

- Low residue food: You need to avoid dairy products like milk, cheese and yoghurt, as well as fiber and whole grain such as oats, seeds, pulps, fruits and vegetables with edible skin like tomatoes, cucumbers, grapes and also green leafy vegetables.

- Clear liquid diet: Apple or white grape juice, clear broth, coffee or tea (without milk or creamer), clear carbonated beverages such as ginger ale, Gatorade and other sports drinks, plain flavored drinks, water.
- What to avoid: Red colored food and drinks, orange juice and milk.



Bowel Preparation:

You need to buy Moviprep from the pharmacy (your physician will prescribe this to you).

The way in which you take the bowel preparation depends on the time of your colonoscopy, please follow the instructions written below:

The day before your Colonoscopy:

- You may have a low residue breakfast and lunch excluding the food items mentioned above.
- After 1:00 PM, you need to stop eating solid food and start with your clear liquid diet. Clear liquid diet will continue up to the day of your procedure.
- Moviprep is the solution used for cleaning the colon. One box of Moviprep contains 2 single packs. Each pack contains 2 sachets labelled as sachets A and B.
- At 4:00 PM, start taking the first pack of Moviprep. Mix sachets A and B in 1 liter of cold water and consume within 1 hour.

- You will expect yourself to go to the toilet with loose watery stool. This is expected as your colon is cleansed.
- You may have a clear broth soup for dinner.
- If your Colonoscopy is scheduled in the morning (before 11:00 AM), take the second pack of Moviprep 2 hours before bedtime.
Mix sachets A and B in 1 liter of cold water and consume within one hour.
- If your Colonoscopy is scheduled in the afternoon (after 11:00 AM), take the second pack of Moviprep 5 hours before your procedure. Mix sachets A and B in 1 liter of cold water and consume within one hour.
- Do not consume anything else by mouth 4 hours before your colonoscopy.

Must read:

- If you use a CPAP machine to sleep, please bring it with you because you will need to wear it for the duration of the colonoscopy.
- You need to remove any contact lenses, dentures, jewelry and nail polish.
- You will receive an intravenous sedation. You must have an adult companion (family member or friend) to take you home. You are not allowed to drive or leave the Endoscopy Center alone.
If you do not have a companion, we may book a taxi for you. You are not allowed to drive 24 hours after your procedure.
- The actual procedure lasts approximately 20 minutes, but you MUST remain in the Endoscopy Center until you recover from the sedation.
Expect to be in the hospital for 2- 3 hours from arrival to discharge.
- Bring your insurance card and emirates ID with you.

If you have any questions and concerns, please contact our team at 02 613 3999.



DR. AHMED ABDEL SAMIE-HUBER

Consultant Gastroenterology
and Hepatology