

Bowel Preparation Instructions Prior to Colonoscopy

One packet (containing two sachets) of MovicoPrep and 1 packet (containing 2 sachets) of Picoprep Orange are to be purchased from your chemist (no prescription required) and drunk in the 24 hours prior to your colonoscopy.



One packet of MoviPrep (contains 2 sachets) and One Packet of Picoprep Orange (contains 2 sachets) can be purchased from your chemist without the need for a prescription.

A minimum of 5-10 Litres of clear fluids (water, apple juice, soft drinks, clear sport drinks, broth, black tea, coffee, or clear soup) must be drunk (NO FOOD WHATSOEVER) in the 24 hours prior to your colonoscopy.



Only clear Fluids (5-10 Litres) is allowed (no food at all) in the 24 hours prior to your colonoscopy.

The table below gives clear instructions for those having a **morning**, **afternoon** and **evening (twilight)** colonoscopy.

	Morning Colonoscopy	Afternoon Colonoscopy	Evening (Twilight) Colonoscopy
Last Solid Food	Early 7am Breakfast (Day Before)	Early 12:30pm Lunch (Day Before)	Early 4:30pm Dinner (Day Before)
Commence Clear Fluids (i.e. no solid food)	8am (Day Before)	1pm (Day Before)	5pm (Day Before)
1st Sachet Moviprep (in 1 L water)	2pm (Day Before)	6pm (Day Before)	6pm (Day Before)
2nd Sachet Moviprep (in 1 L water)	4pm (Day Before)	8pm (Day Before)	6am (Day of)
1st Sachet Picoprep Orange (in 1 glass water)	6pm (Day Before)	6am (Day of)	8am (Day of)
2nd Sachet Picoprep Orange (in 1 glass water)	8pm (Day Before)	8am (Day of)	10am (Day of)
Cease Clear Fluids Purge	12 Midnight (Day Before)	7am (Day of)	10am (Day of)
Email & text to instruct start time	After 10am (Day Before)	After 10am (Day Before)	After 10am (Day Before)
Present to Hospital	1 hour prior to start time	1 hour prior to start time	1 hour prior to start time
Discharge (Pick-Up)	Approximately 3 hours after start	Approximately 3 hours after start	Approximately 2-3 hours after start

Table 1. Checklist for patients having colonoscopy.

