



# 3-DAY BOWEL PREPARATION INSTRUCTIONS

To ensure a thorough examination of your large bowel during colonoscopy your bowel must be completely emptied and cleansed. The bowel preparation process is designed to increase bowel movements, which will result in urgency and diarrhoea. **Incomplete bowel preparation may result in your procedure being cancelled and rescheduled.**

**Purchase 1 x Movicol® and 1 x MOVlprep® pack from your local pharmacy at least 3 days before your procedure.**

## LOW RESIDUE DIET

To be followed for 3 days before your procedure

E.g. if your procedure is on Friday, start the low residue diet on Tuesday morning.

Allowed



NOT Allowed



### Breads & Cereals

White bread, plain white toast, plain English muffins, French toast, cornflakes, rice bubbles, plain white rice, white pasta, white flour-based foods.

### Breads & Cereals

Wholegrain bread, fibre-enriched or multigrain bread, brown/wholemeal rice or pasta, oats, muesli, cornmeal, cereal bars

### Fruits & Vegetables

Clear strained fruit juices (e.g. clear apple or pear), strained vegetable juice (e.g. V8), skin-free pumpkin and potato (steamed, mashed, or baked), potato salad with mayonnaise, egg, or ham.

### Fruits & Vegetables

All fruit and vegetable skins or seeds, strawberries, grapes, passionfruit, citrus, tomato, capsicum, peas, corn, onions, legumes (lentils, beans, split peas, barley).

### Meat, Poultry, Fish & Eggs

Lean beef, pork, lamb, fish, chicken, turkey, eggs, bacon, meat substitutes and tofu

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Dishes including vegetables (e.g., casserole or curry)

### Fats, Dairy & Miscellaneous

Plain yoghurt, plain ice cream, custard, meringue, butter, margarine, sour cream, mayonnaise, plain cheese, full cream milk, almond milk, soy milk, lactose free milk, Zymil or AZ red cap milk.

### Fats, Dairy & Miscellaneous

Coconut, dried fruit, nuts, sultanas, raisins, seeds (e.g. linseed, sesame, sunflower), fruit yoghurt, fibre-enriched supplements (e.g. Metamucil, Psyllium, Benefiber, Normacol Plus).

### Spreads & Sauces

Vegemite, honey, lemon butter, cheese spread, meat or fish paste.

### Spreads & Sauces

Jams and marmalades with seeds or peel, peanut butter, most relishes, mustard.

### Drinks & Fluids

Clear fluids plus milk, Sustagen (ensure it is the fibre-free version), Element Gold Bowel Prep support, Milo, Aktavite

#### Clear fluids include:

Water (aim for at least 6–8 glasses daily), soda water, clear cordial or ice blocks (avoid red, green, purple, and blue), yellow or orange Powerade, Gatorade or Hydralyte, strained broths, clear soups, plain jellies, beef tea, black & herbal tea, black coffee, Bonox, Bovril, Ensure

### Drinks & Fluids

No red, green, purple or blue liquids

Disclaimer: This protocol is intended specifically for the patient being treated by our Gastroenterologists at CDD. CDD and its medical team will not take responsibility for the inappropriate or unauthorised use of this protocol.



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## Moviprep & Movicol Dosing Instructions

### Follow this blue section if you are booked for a MORNING PROCEDURE 6:00am - 11:45am

<b>3 days before colonoscopy</b>	Low residue diet. 1 Movicol® sachet morning & evening, for 3 days before MoviPrep
<b>1 day before colonoscopy</b>	Low residue breakfast only. Clear fluids only from now on.
<b>2:00pm</b>	Mix 1 x pouch A Moviprep and 1 x pouch B Moviprep with 1L of water. Refrigerate.
<b>4:00pm</b>	Drink chilled Moviprep solution, 250ml every 15 mins until finished (1L total). Follow with 500ml of clear fluids.
<b>6:00pm</b>	Mix second dose of Moviprep (1 pouch A + 1 pouch B). Refrigerate.
<b>8:00pm</b>	Drink chilled Moviprep solution 250ml every 15 mins until finished (1L total). Follow with 500ml of clear fluids.
<b>Midnight</b>	Start fasting, nothing by mouth.

### Follow this green section if you are booked for an AFTERNOON PROCEDURE 12md - 4:00pm

<b>3 days before colonoscopy</b>	Low residue diet. 1 Movicol® sachet morning & evening, for 3 days before MoviPrep
<b>1 day before colonoscopy</b>	Light residue breakfast and lunch. Clear fluids only from now on.
<b>4:00pm</b>	Mix 1 x pouch A Moviprep and 1 x pouch B Moviprep with 1L of water. Refrigerate.
<b>6:00pm</b>	Drink chilled Moviprep solution, 250ml every 15 mins until finished (1L total). Follow with 500ml of clear fluids. Mix second dose of Moviprep (1 pouch A + 1 pouch B). Refrigerate.
<b>Day of procedure</b>	
<b>5:30am</b>	Drink chilled Moviprep solution, 250ml every 15 mins until finished (1L total). Follow with 500ml of clear fluids.
<b>7:30am</b>	Start fasting, nothing by mouth.

## UNDERSTANDING BOWEL PREPARATION QUALITY

This picture shows what your bowel movements should look like once your bowel preparation is complete.

Your stool should be clear and yellow, similar in appearance to urine. This indicates your bowel is adequately cleansed and ready for the procedure.



If your stool remains dark, murky, or orange and cloudy, this suggests that your bowel preparation is incomplete. Inadequate preparation can limit visibility during colonoscopy, potentially resulting in a prolonged or rescheduled procedure. If you are unsure whether your results are adequate, contact us prior to your arrival.

If you experience chronic constipation, please refer to the 6-day bowel preparation guide, which may be more effective in achieving the required level of bowel cleansing.

### Helpful Tips & Reminders

- When the diarrhoea starts, apply a barrier cream to your anus to protect the skin e.g. Sudocream, Bepanthen, Vaseline
- Continue drinking clear fluids until you have to fast, at least 2L daily