

## Special Considerations

- 1) Arrange for a ride home.** These procedures may require sedation. You will **not** be allowed to leave unaccompanied
- 2) Avoid these foods** (at least 3 days prior to the procedure): •Nuts and seeds •Berries and grapes •Multigrain bread
- 3) If you are diabetic have heart issues and/or you take blood thinner (Warfarin, Coumadin, Plavix, Heparin, Lovenox):** consult with your doctor prior to procedure.
- 4) If you are on anti-hypertensives** (blood pressure medication) or **heart medications** continue taking them as usual with small sips of water.

## Gastroscopy Instructions

If your procedure is booked in the morning, do not eat or drink anything after midnight. If your procedure is booked in the afternoon, you can have **clear fluids only (no solid food)** up to 6 hours prior to your appointment. If you are also having a colonoscopy procedure, a bowel cleanse product such as Moviprep® must be taken before the procedure.

## Colonoscopy Instructions

Purchase **Moviprep®** (DIN# 02359499) and **Dulcolax®** (DIN# 00254142) prior to your procedure date. It is available at most pharmacies and can be ordered within 24 hours if not in stock. **It is important to remain on a clear fluid diet the whole day prior to your procedure.**

## How to Take?

You will need to take 2 tablets of Dulcolax® (10mg total) the morning prior to your colonoscopy. A single treatment of Moviprep® consists of 4 sachets divided into two doses. Each dose requires mixing one sachet A with one sachet B and then adding water to make 1 litre of solution. You must also take at least an additional 0.5 litre after each dose. The day before the procedure you may only ingest clear liquids. See the list below for examples of clear fluids you may and may not take.



## When to Take?

Remain on a clear fluid diet the whole day before procedure.

**Follow these:**

### Option A Single Day Dose

If procedure is booked before 11 am

#### Day Before Procedure:

- Take 2 tablets of Dulcolax® at 8:00 am.
- Take first dose of Moviprep® at 5:00pm

Sachet **A** + Sachet **B** + Water **1** litre THEN Drink another 0.5L (minimum) or more of clear fluids

- Take Second Dose at Moviprep at 9:00 pm

Sachet **A** + Sachet **B** + Water **1** litre THEN Drink another 0.5L (minimum) or more of clear fluids

**Do not eat any solids after.**  
**Do not drink any fluids after midnight.**

### You MAY have:

- Water
- Juice (no pulp/red/purple)
- Pop
- Black tea / coffee
- Clear broth
- Jello (no red/purple)
- Gatorade

### You may NOT have:

- Any solid food
- Anything you cannot see through
- Anything red/purple
- Milk / cream
- Soy products

Remain on a clear fluid diet the whole day before procedure.

**Follow these:**

### Option B Split Dose

If procedure is booked after 11 am

#### Day Before Procedure:

- Take 2 tablets of Dulcolax® at 8:00 am.
- Take first dose of Moviprep® at 6:00pm

Sachet **A** + Sachet **B** + Water **1** litre THEN Drink another 0.5L (minimum) or more of clear fluids

#### Morning Before Procedure:

- Take Second Dose of Moviprep® at 5:00 am

Sachet **A** + Sachet **B** + Water **1** litre THEN Drink another 0.5L (minimum) or more of clear fluids

**Do not ingest anything after.**

or