

Extended bowel preparation with Moviprep

for procedures in the morning between 8.30 and 12.30

Colonoscopy / sigmoidoscopy / combined colonoscopy and upper endoscopy

From two days prior to the procedure

Do not eat bread or fruit with fibres/seeds from two days prior to the examination (see “fibre-restricted diet”). These components may clog the endoscope. You will continue to follow this diet until you start the actual bowel preparation.

The day before the procedure

- For breakfast and lunch you are only allowed to take (all types of) liquids.
- Start fasting from 4PM (16.00 hours). Between 4 and 6 PM (16.00 and 18.00 hours) you drink 1 litre of dissolved Moviprep and ½ litre of clear liquid. Preparation method Moviprep: dissolve 1 sachet “A” and 1 sachet “B” in 1 litre of water. As clear liquid take at least 1 cup of clear broth.
- Between 6 and 8 PM (18.00 and 20.00 hours) you drink 1 litre of dissolved Moviprep and ½ litre of clear liquid. Preparation method Moviprep: dissolve 1 sachet “A” and 1 sachet “B” in 1 litre of water. As clear liquid take at least 1 cup of clear broth.

Please note that if your procedure is scheduled for 8.30AM, you have to finish drinking your bowel prep before 6.30AM.

On the day of the procedure

- You are not allowed to have any breakfast
- Between 6 and 8 AM (06.00 and 08.00 hours) drink again 1 litre of dissolved Moviprep + ½ liter of clear liquid. Preparation method Moviprep: dissolve 1 sachet “A” and 1 sachet “B” in 1 litre of water. As clear liquid take at least 1 cup of clear broth. **Keep drinking clear liquids (not only water!) up to two hours before the procedure** until your stool has changed to a yellowish clear liquid to a maximum of 1 extra litre.



Fibre-restricted diet

You will start the low-fibre diet two days prior to your exam. From then on, you are allowed to eat low-fibre foods. When you have started drinking the bowel prep, you have to start fasting and only drink clear liquids.

What can you eat:

- Bread and grain products: white bread, white rolls, rusks or (natural)toast, (natural)gingerbread, white rice, pasta, potatoes, (natural)pancakes, custard or rice flour porridge
- Toppings: butter, margarine, cheese, meats, fish, jam without pieces and seeds, syrup, sprinkles, chocolate spread, eggs, honey and sugar
- Vegetables and fruit: cooked vegetables such as carrots, cauliflower, broccoli, chicory. Applesauce, canned soft fruit (without seeds, fibres or skin)
- Meat, fish and poultry: all types.
- Desserts: custard, pudding, cottage cheese or yogurt (without seeds)
- Soups: stock, clear soup with pieces of meat/chicken/dumplings/vegetables as mentioned above (carrots, cauliflower, broccoli, chicory)/vermicelli/macaroni/white rice.
- Beverages: fruit juice without pulp, soft drinks, tea, coffee, mineral water
- Seasonings: the less spicy herbs and spices such as salt, pepper, cinnamon and nutmeg. Mustard, ketchup, mayonnaise.

What are you not allowed to eat?

- Bread and grain products: brown, wholemeal and rye bread, wholegrain breakfast products, wheat and corn bread, muesli, wholewheat and multigrain pasta, oatmeal porridge, brown rice, multigrain rice.
- Toppings: peanut butter, marmelade, jam with pieces of fruit, sandwich spread
- Fruits and vegetables: fibrous vegetables like leek, bell peppers, tomatoes and peas. Raw vegetables. All fruits, including dried fruits.
- Desserts: fruit curd or fruit yogurt.
- Soups: bound soups (including pea soup, lentil soup, bean soup, goulash soup, mushroom soup)
- Drinks: red and purple colored drinks, breakfast drinks
- Seasonings: garlic, onion, pine nuts, sunflower/sesame seeds

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