



Bowel preparation (colon lavage) endoscopic examination

colonoscopy / sigmoidoscopy / combined gastro- and colonoscopy

An endoscopic examination is planned for you. This examination may be a colonoscopy, sigmoidoscopy or a combined gastro and colonoscopy.

Please take your time to read this entire flyer with attention.

Why a clean bowel?

It is important that your bowel is well cleansed. When your bowel is properly cleansed, the examination is easier. If your bowel is not well cleansed, the doctor cannot perform a careful inspection. Also, the doctor may decide to stop the whole examination and repeat after a better bowel prep.

Preparation

In this hospital, we use Moviprep® in combination with Bisacodyl (Dulcolax) as bowel prep. Moviprep® is safe for everyone, including people with heart and kidney problems. Some patients with Crohn's disease may be prescribed Picoprep®.

Examination time between 8:30 and 10:00 a.m.

2 days before the examination

- 2 nights before the endoscopy, take 2 pills of Bisacodyl (Dulcolax).
- From 2 days before the examination, do not eat bread or fruit with fiber, seeds or grains (see "fiber restricted diet"). Fiber, seeds or grains may clog the endoscope. You will follow this fiber-restricted diet until the examination.
- Are you already taking laxatives? Then you may already use some more of your own laxative starting 2 days before the examination.

The day before the examination

- At 1 p.m., you may eat a light fiber-restricted meal. From then on, you only may drink clear liquids*.
- Between 5 and 6 p.m. you will drink an initial amount of laxative. Besides the Moviprep or Picoprep, you will have to drink other clear liquids: 1 liter when using Moviprep and 2 litres when using Picoprep. Please use at least one glass of broth (without green parsley leaves).
- You may alternate drinking the laxative and clear liquid.

The day of the examination

- You may not have breakfast.
- Between 5 a.m. and 6 a.m., you will drink a second amount of laxative. You will also have to drink 1 liter of clear liquid with Moviprep prep or 2 liters of clear liquid with Picoprep prep. As clear liquid, take at least 1x clear broth.
- You may alternate drinking the laxative and clear liquid.
- Has your stool not yet changed to a yellowish colour? Please drink an additional 1 liter of clear liquid. But do not drink only water!
- 2 hours before the examination, you should have drunk all the liquid and should not drink any more.

Examination time between 10 a.m. and 1 p.m.

2 days before the examination

- 2 nights before the endoscopy, take 2 pills of Bisacodyl (Dulcolax).
- From 2 days before the examination, do not eat bread or fruit with fiber, seeds or grains (see "fiber restricted diet"). Fiber, seeds or grains may clog the endoscope. You will follow this fiber-restricted diet until the examination.
- Are you already taking laxatives? Then you may already use some more of your own laxative starting 2 days before the examination.

The day before the examination

- At 4 p.m. you may eat a light fiber-restricted meal. From then on, you only may drink clear liquids*.
- Between 6 and 7 p.m. you will drink an initial amount of laxative. Besides the Moviprep or Picoprep, you will have to drink other clear liquids: 1 liter when using Moviprep and 2 litres when using Picoprep. Please use at least one glass of broth (without green parsley leaves).
- You may alternate drinking the laxative and clear liquid.

The day of the examination

- You may not have breakfast.
- Between 6 a.m. and 7 a.m., you will drink a second amount of laxative. You will also have to drink 1 liter of clear liquid with Moviprep prep or 2 liters of clear liquid with Picoprep prep. As clear liquid, take at least 1x clear broth.
- You may alternate drinking the laxative and clear liquid.
- Has your stool not yet changed to a yellowish colour? Please drink an additional 1 liter of clear liquid. But do not drink only water!
- 2 hours before the examination, you must have drunk all the liquid and should not drink any more.

Examination time between 1 p.m. and 4 p.m.

2 days before the examination

- 2 nights before the endoscopy, take 2 pills of Bisacodyl (Dulcolax).
- From 2 days before the examination, do not eat bread or fruit with fiber, seeds or grains (see "fiber restricted diet"). Fiber, seeds or grains may clog the endoscope. You will follow this fiber-restricted diet until the examination.
- Are you already taking laxatives? Then you may already use some more of your own laxative starting 2 days before the examination.

The day before the examination

- At 4 p.m. you may eat a light fiber-restricted meal. From then on, you only may drink clear liquids*.
- Between 6 and 7 p.m. you will drink an initial amount of laxative. Besides the Moviprep or Picoprep, you will have to drink other clear liquids: 1 liter when using Moviprep and 2 litres when using Picoprep. Please use at least one glass of broth (without green parsley leaves).
- You may alternate drinking the laxative and clear liquid.

The day of the examination

- You may not have breakfast.
- Between 9 a.m. and 10 a.m. you will drink a second amount of laxative. You will also have to drink 1 liter of clear liquid with Moviprep prep or 2 liters of clear liquid with Picoprep prep. As clear liquid, take at least 1x clear broth.
- You may alternate drinking the laxative and clear liquid.
- Has your stool not yet changed to a yellowish colour? Please drink an additional 1 liter of clear liquid. But do not drink only water!
- 2 hours before the examination, you must have drunk all the liquid and should not drink any more.

Fiber restricted diet

From two days before your examination, you have to start taking a fiber-restricted diet. High fiber foods are not allowed, but most low fiber food is.

Once you have started the bowel prep you may not eat anymore. You may only drink clear liquids*.

You are not allowed to eat this:

- Bread and cereal products: brown bread, whole grain bread and rye bread, whole grain breakfast products, wheat bran and corn bran, corn waffles, rice cakes, granola, whole grain pasta and multigrain pastas, oatmeal, brown rice, multigrain rice, lentils, quinoa,
- Spreads: peanut butter, marmalade, jam with pieces of fruit, sandwich spread.
- Vegetables and fruits: fibrous vegetables such as asparagus, sauerkraut, green beans, legumes, bean sprouts, mushrooms, onion, spinach, leeks, peppers, tomatoes, peas, raw vegetables, salads, legumes, beans, peas, all types of fruits, including dried fruits.
- Desserts: fruit curd or fruit yogurt.
- Soups: cream soups (such as pea soup, lentil soup, bean soup, goulash soup, mushroom soup).
- Drinks: red and purple colored drinks, breakfast drinks.
- Snacks: nuts, peanuts, popcorn, multigrain cookies, sultana, evergreen, raisins, dried fruit.
- Fatty foods: French fries, snacks, pizza.
- Flavors: garlic, onion, sunflower seeds, pine nuts, sesame seeds.

You are allowed to eat this:

- Bread and cereal products: white bread without seeds or grains, white bread rolls without seeds or pits, rusks or toast (natural), gingerbread (natural), white rice, pasta, spaghetti, macaroni, potatoes, mashed potatoes, pancakes (natural), custard pudding, rice flour pudding.
- Spreads: butter, low-fat margarine and margarine, cheese, cold cuts, fish, jam without pieces and seeds, syrup, sprinkles, chocolate spread, eggs, honey, sugar.
- Vegetables and fruits: cooked vegetables such as carrots, cauliflower, broccoli, chicory, applesauce, canned soft fruits (but without seeds, fibers or peel).
- Meat, fish and poultry: only lean soft meat such as chicken breast or white fish.
- Desserts: custard, pudding, cottage cheese or yogurt (but without bits or fruit).
- Soups: broth, clear soups with pieces of chicken, soup balls, vermicelli, macaroni or white rice. In soup you may put only the "permitted" vegetables (see above).
- Beverages: fruit juice without pulp, soft drinks, tea, coffee, mineral water.
- Seasonings: the less pungent herbs and spices such as salt, pepper, paprika, cinnamon and nutmeg. Mustard, ketchup, mayonnaise.

* Clear liquids starting the day before the examination.

Clear liquids are: water, apple juice, white grape juice, tea, ice tea, broth made with a bouillon cube, clear sports drink.

We recommend alternating sweet and savory.

You may not drink coffee, milk, or other fruit juice.



too dark
too cloudy
not okay



light orange
almost clear
not yet okay



yellow and bright
looks like this
OK, this is fine

Laxative easier to drink

- Drink the liquid with a straw
- Drink the liquid cold
- Drink the liquid with a splash of lemonade

Instructions for use Moviprep®

1. Open a set containing sachet A and B.
2. Empty bag A and B into a jug and add 1 liter of water.
3. Stir well until the powder has completely dissolved. This may take 8 minutes.
4. If necessary, add a splash of lemonade and put the solution in the refrigerator. Drink the dissolved liquid of 1 liter in 1 hour. Also drink 1 liter of clear liquid.
5. Repeat these steps for the second dose of laxative the next morning.

1 Open de verpakking van MOVIPREP® en open 1 plastic folie met zakje A en zakje B.

Leeg ZOWEL zakje A als B in een maatbeker van 1 liter. Giet water in de beker tot aan het merkteken van 1 liter.

2

3 Roer de oplossing tot het poeder geheel is opgelost. Dit kan 5 minuten duren.

Giet de oplossing in een glas.

4

5 Drink de vloeistof binnen 1 à 2 uur op. Drink bijvoorbeeld iedere 10 à 15 minuten een glas totdat de kan leeg is.

Directions for use Picoprep®

1. Fill a glass with 150 milliliters of cold water.
2. Empty the contents of 1 sachet into the glass.
3. Stir well until the powder has completely dissolved. This may take 2 to 3 minutes. Sometimes the solution gets warm as Picoprep dissolves. In that case, let it cool for a while and only then drink it. If necessary, add a splash of lemonade and refrigerate the solution.
4. After each bag, drink 2 liters of clear liquid.
5. Repeat these steps for the second dose of laxative the next morning.



Contact

If you have any questions about the procedure after reading this flyer, please contact your doctor. If you have questions about practicalities, please call the Endoscopy front desk: 043-3877700 (workdays between 8.00 AM and 4.30 PM) or send an email to endoscopie@mumc.nl (endoscopie@mumc.nl).

Websites

- [mumc.nl](http://www.mumc.nl/) (<http://www.mumc.nl/>).
- [mdl.mumc.nl](http://www.mdl.mumc.nl/) (<http://www.mdl.mumc.nl/>).
- [gezondidee](https://gezondidee.mumc.nl/) (<https://gezondidee.mumc.nl/>).