



Meltingarsetrið ehf – Endoscopy center

Læknasetrið Þönglabakka 6, 109 Reykjavík

Gastroenterologists

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DIRECTIONS FOR PREPARATION FOR COLONOSCOPY WITH MOVIPREP

Day of procedure: _____ at _____ a.m. /p.m.

If you need more information or if you need to change your appointment please contact:
LÆKNASETRIÐ Þönglabakka 6, 109 Reykjavík, telephone 535-7700, fax 535-7794 or
setrid@setrid.is. Information also available on the website: www.setrid.is

Medicine: If you are taking one or more of the following medications: Kovar, Persantin, Plavix, Clopidogrel, Pradaxa or Xarelto you need to inform your doctor as these medications are usually discontinued one week before the procedure if it is considered safe. If you are taking Iron supplement orally you need to stop it one week before the procedure.

One week before the procedure: Avoid fiber, seeds, kiwi fruit and green salad.

Clear liquid diet 2 days/48 hours before the colonoscopy: “Clear liquids” are for example water, clear soups (broth), fruit juice without the meat, jello, soda drinks (Sprite/7-UP), black coffee or tea. It is important to consume carbohydrates/sugar and therefore sugarless drinks should be avoided. Do not use milk products or solid food. A rule of thumb is that if you can see through the drink, you can have it.

Day 1:

Clear liquid diet. Drink at least 2 liters/day.

Day 2 – the day before the procedure:

Continue clear liquid diet.

- 1. Moviprep powder is mixed with 1 L of water: Dose 1 (skammtasett 1), bag (poki) A and B.**
2. Start to drink the solution at 17:00 (5 pm).
3. Drink 50-100 ml of the solution every 10-15 minutes.

It is good to use straw and keep the liquid cool. If you have problem with the taste, a candy can help. It is good to move around and it is important to drink well clear liquids.

Dagur 3 – Day of procedure:

Continue clear liquid diet, start the day with drinking and continue upuntil the procedure unless you **are having a gastroscopy the same day**, then you should stop 2 hours before the procedure.

Moviprep powder is mixed with 1 L of water: Dose 2 (skammtasett 2), bag (poki) A and B.

You have to start early and finish the solution 2 hours before the procedure, expect it to take 1.5 hours. If the procedure is at 8:30, then you need to start at 05:00 a.m. Preferably the liquid that comes from you, should be clear/light yellow and without solid materials.

If you are undergoing both gastroscopy and colonoscopy the same day, you should finish the whole Moviprep solution (dose 1 and 2) in the late afternoon and evening before the procedures.

Remember that you will receive sedative medications and will be unable to drive for 6 hours folowing the procedure, it is wise to have a person with you on discharge.