



# WAGGA ENDOSCOPY CENTRE

50 Best Street  
WAGGA WAGGA NSW 2650

Phone (02) 6921 2711  
Fax (02) 6921 2201

Patients Name:..... Doctor:.....  
Appointment Date:.....  
Appointment Time:.....Please Arrive By:.....

**You are booked in for a: COLONOSCOPY AND/OR GASTROSCOPY**

**PLEASE READ THIS THOROUGHLY**

**PLEASE CONFIRM THIS PROCEDURE ON: .....Ph 6921 2711**

- **DIABETICS** – Please advise staff when making appointment, or as soon as possible afterwards if you are diabetic. Please bring your personal glucometer to the Centre on day of your procedure along with any tablets/insulin etc.
- **Please advise medical staff at centre at time of booking, or as soon as possible afterwards if you are:**
  1. **Taking any of the following medications:**  
*Iscover, Plavix, Warfarin (Coumadin, Pradaxa, Xarelto), Iron or Arthritis tablets.*
  2. **Allergic to Latex and/or Eggs.**
  3. **If your weight is 130kg or over.**
- If you are taking blood pressure medication, please take this as early as possible on the morning of your procedure with a small amount of water.
- If you are taking Prednisone, please continue your regular dose. **DO NOT STOP IT.**
- Please do not smoke or chew chewing gum the day of your procedure, and do not wear nail polish or body lotion.
- You must have a responsible person to drive/walk you home and you are advised to have someone stay overnight with you also for your safety after the procedure.
- Please arrive 30 minutes before your admission time and bring the following with you:
  - Your** completed Patient Details form regarding your personal and medical history.
  - Medicare** Card, Pension Card or Health Care Card, Veteran’s Card and Private Fund card (if applicable).
  - Referral** letter (if you did not leave it at the centre at the time of your booking).
- Wagga Endoscopy Centre building and surrounding grounds are a smoke free zone.
- If you cannot keep your appointment, please notify us on (02) 6921 2711 as soon as possible as we have long waiting lists.
- If you have difficulty speaking or understanding English, please bring a family member or friend who can interpret for you.

# WAGGA ENDOSCOPY CENTRE

50 Best Street  
WAGGA WAGGA NSW 2650

Phone (02) 6921 2711  
Fax (02) 6921 2201

---

## PREPARATION INSTRUCTIONS

---

**Colonoscopy** (Item No 32090) – This procedure is performed to examine or inspect the bowel and is performed under sedation. **You will need to buy ‘MOVIPREP’ or ‘GLYCOPREP’ from a pharmacy for bowel preparation. Please follow our instructions below.** The success of your examination depends on the bowel being as clear as possible, otherwise the procedure may need to be postponed and the preparation repeated.

**3 days prior to your procedure, please avoid foods that contain NUTS, WHOLEGRAINS OR SEEDS.**

*The day **BEFORE** your procedure you must have a light breakfast of white toast and a cup of tea or coffee. After this you are not to eat any solid foods until after your procedure has been done.*

**However, it is essential that you drink at least 3 litres of fluid throughout the day and you can continue to drink fluids up to 4 hours before your procedure.**

*Fluids should include a combination of the following:*

- water • mineral water • soda water • apple juice
- yellow jelly • strained chicken noodle and/or vegetable soup
- black tea and/or coffee (no milk or sugar) • diet lemonade • ginger ale
- Sports drinks /Diet soft drinks (no red, green, blue or purple)

## **MOVIPREP PREPARATION INSTRUCTIONS**

1. Each Box of MOVIPREP contains 2 clear bags, each bag contains 2 sachets marked **A** and **B**.
2. Empty the contents of both sachets into an empty jug.
3. Add 1 litre of water (not chilled).
4. Stir solution until powder has dissolved and the MOVIPREP solution is clear or slightly hazy. This may take up to 5 mins.

## **GLYCOPREP PREPARATION INSTRUCTIONS**

1. Each Box of GLYCOPREP contains 1 sachet.
2. Empty the contents of the sachets into an empty jug.
3. Add 3 litres of water (not chilled).
4. Stir solution until powder has dissolved and the GLYCOPREP solution is clear or slightly hazy. This may take up to 5 mins.

**Clear fluids are not to be mixed with the prep.**

**Please Note: If you are also having a gastroscopy/endoscopy, there is no extra preparation required.**

If you have any questions, please phone the Wagga Endoscopy Centre between 7.30am and 5.00pm Monday to Friday before beginning preparation.

# WAGGA ENDOSCOPY CENTRE

50 Best Street  
WAGGA WAGGA NSW 2650

Phone (02) 6921 2711  
Fax (02) 6921 2201

---

## Morning Procedures (before 10am):

- At approximately **2.00pm** the day before your procedure prepare your first 1 litre of MOVIPREP by mixing sachet A & B in 1 litre of water then chill. Alternatively, prepare your GLYCOPREP by mixing the one sachet with 3 litres of water. Separate this into two 1.5 litre jugs and chill.
- At approximately **4.00pm** start consuming your MOVIPREP (or GLYCOPREP). Over the next 1 ½ hours (90mins) drink the 1 litre of MOVIPREP (or 1.5 litres of GLYCOPREP) plus 500mls (2 cups) of clear fluids. This must be finished by 10pm.

*Note:* Begin with MOVIPREP (or GLYCOPREP) but the clear fluids can be interspersed with the prep if preferred.

### *CONTINUE DRINKING CLEAR FLUIDS*

- At approximately **6.00pm** prepare your second 1 litre of MOVIPREP by mixing sachet A & B in 1 litre of water then chill. If you are taking GLYCOPREP, you will have 1.5 litres already remaining.
- At approximately **8.30pm** start consuming your MOVIPREP (or GLYCOPREP). Over the next 1 ½ hours (90mins) drink the 1 litre of MOVIPREP (or 1.5 litres of GLYCOPREP) plus 500mls (2 cups) of clear fluids.

**It is important to finish ALL the Moviprep and clear fluids.  
YOU MUST NOT DRINK FOR 4 HOURS PRIOR TO YOUR PROCEDURE**

## Late Morning and Afternoon Procedures (at or after 10am):

- At approximately **4.00pm** the day before your procedure prepare your first 1litre of MOVIPREP by mixing sachet A & B in 1litre of war then chill. Alternatively, prepare your GLYCOPREP by mixing the one sachet with 3 litres of water. Separate this into two 1.5 litre jugs and chill.
- At approximately **6.00pm** start consuming your MOVIPREP (or 1.5 litres of GLYCOPREP). Over the next 1 ½ hours (90mins) drink the 1 litre of MOVIPREP (or GLYCOPREP) plus 500mls (2 cups) of clear fluids.

*Note:* Begin with MOVIPREP (or GLYCOPREP) but the clear fluids can be interspersed with the prep if preferred.

### *CONTINUE DRINKING CLEAR FLUIDS*

**Before going to bed** prepare your second 1 litre of MOVIPREP by mixing sachet A & B in 1 litre of water then chill. If you are taking GLYCOPREP, you will have 1.5 litres already remaining.

- At approximately **5.00am** start consuming your MOVIPREP (or GLYCOPREP). Over the next 1 hour (60mins) drink the 1 litre of MOVIPREP (or GLYCOPREP) plus 500mls (2 cups) of clear fluids.

**It is important to finish ALL the Moviprep and clear fluids.  
YOU MUST NOT DRINK FOR 4 HOURS PRIOR TO YOUR PROCEDURE**