

## Preparing for your colonoscopy

### Three days before the exam:

- Please do not include any grains (e.g. muesli, whole wheat bread, etc.).

### One day before the exam:

#### Breakfast:

- Eat a “normal breakfast”.
- Please do not eat any fruit or vegetables from this point on.

#### Lunch:

- White bread or rolls or zwieback
- Clear broth (can be drunk throughout the day)

### **Afterward please eat nothing more until your exam!!!**

#### The day before the exam between 5:00 and 7:00 pm:

**Dissolve one of the two MOVIPREP® portions**  
(each including one sachet A and one sachet B)  
**in 1 litre of water and drink within 1 hour.**

**Please drink along with this or afterward 2 litres of fluid of your choice (except milk).**  
The more you drink, the cleaner your bowels will be.

**Medications:** Please take as usual.

**Exception:** Clopidogrel, Marcumar, or diabetes medication

#### The day of the exam between 5:00 and 7:00 am:

Dissolve the second of the two **MOVIPREP® portions**  
(each including one sachet A and one sachet B)  
**in 1 litre of water and drink within 1 hour.**

**Please drink along with this or afterward 1 litre of fluid of your choice (except milk).**

In exceptional cases (e.g. an early exam appointment or a long drive on the day of the exam), the second portion of the prep solution can also be taken on the evening before the exam, between 9:00 and 10:00 pm.

**Cleansing will however be much less complete, making small and flat lesions easier to overlook!**

In this case, dissolve the second of the two **MOVIPREP® portions**  
(each including one sachet A and one sachet B)  
**in 1 litre of water 2-4 hours after the first portion and drink it within 1 hour.**

**Please drink along with this or right afterward 0.5 litres of fluid of your choice (except milk).**

**In any case, please drink 1 litre of fluid of your choice (except milk) on the morning of the exam!**