



Extended Bowel Preparation

Patient information on preparation for colonoscopy when extended bowel prep is prescribed.

SEVEN DAYS BEFORE THE EXAMINATION - Stop taking all Iron tablets

FIVE DAYS BEFORE THE EXAMINATION - Start low residue diet together with Movicol - 2 sachets twice a day

To allow a clear view of your colon it needs to be completely free of waste material so please follow the detailed instructions in this section

DAY OF APPOINTMENT	THE DAY TO START LOW RESIDUE DIET AND TAKE MOVICOL 2 SACHETS TWICE A DAY	THE DAY TO START CLEAR FLUID AND TAKE MOVIPREP
Monday	Tuesday	SUNDAY BEFORE
Tuesday	Wednesday	MONDAY BEFORE
Wednesday	Thursday	TUESDAY BEFORE
Thursday	Friday	WEDNESDAY BEFORE
Friday	Saturday	THURSDAY BEFORE
Saturday	Sunday	FRIDAY BEFORE
Sunday	Monday	SATURDAY BEFORE

The following foods are suitable to be included in a low residue (low fibre) diet:

Dairy Products

Milk and milky drinks, butter/ margarine, eggs, cheese

Meat Products

Tender beef, lamb, veal, pork, chicken, crispy grilled bacon, boneless fish or battered/bread crumbed fish such as fish fingers.

Breakfast Cereals

Cornflakes, Rice Crispies, Frosties, Sugar Puffs and Special K

Puddings, Cakes and Sweets

Rice pudding, tapioca, semolina, custard, jelly, ice cream, steamed sponge puddings, plain biscuits, sponge cakes, plain and milk chocolate.

Carbohydrates/Starchy Foods

Plain pasta, rice, white bread, cream crackers, potatoes without skins such as mashed or chips

Information for Patients

Fluids allowed when fasting for your procedure

Water, fruit juice without bits in, fizzy drinks, Lucozade, clear soups like Oxo, Bovril or Marmite. Stock cubes can be dissolved in hot water and drunk. Herbal tea, green tea, black tea and black coffee. **NO MILK.**

The following foods are high in fibre and should NOT be eaten five days before your test/colonoscopy:

- Wholemeal bread, coarse cereals such as All Bran, Weetabix and any form of bran.
- All fruit and fruit juice with bits in.
- All vegetables except potatoes (avoid potato with skins on)
- Fruitcake, nuts, pips, seeds and skins of fruit (cooked or in jam).
- Pickles, tough meat, sausages, herrings, any fish with fine white bones. High fibre crispbreads and whole-wheat crackers

Department address and contact information:

Heartlands Hospital

Telephone: 0121 424 0423
0121 424 0438

Good Hope Hospital

Telephone: 0121 424 9180

Solihull Hospital

Telephone: 0121 424 5394

Queen Elizabeth Hospital

Telephone: 0121 371 3833

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email patientexperience@uhb.nhs.uk.