

**Dr.med. Rudolf Hermann**  
Facharzt FMH für Gastroenterologie  
Steigstrasse 40  
CH-8200 Schaffhausen

Telefon  
+41 (0)52 625 16 91  
Telefax  
+41 (0)52 624 90 10  
e-mail  
gastropraxis-sh@bluewin.ch

## Bowel preparation with Moviprep®

Standard-procedure

### Preparation for colonoscopy (large bowel endoscopy)

For a safe and effective procedure your bowel has to be cleaned completely so there is no feces left and finally you will only see yellowish water passing to the toilet. To get there its important you follow this recommendations. You are drinking the Moviprep®-solution for bowel cleaning only. There is no resorption of the solution – beside some shift of salt – which will leave your bowel with a watery diarrhoe.

### 3 days before the examination

#### Important !

3 days bevor the examination **you are not allowed to eat fruits, vegetable, muesli oder full-grain-products with stones or shell !** You can continue to enjoy bananas, cooked vegetable or regular bread.

### The day before the examination

Up to 2pm

You are eating low-fiber-products only as e.g. white-grain bread, yogurt without fruits, margarine, honey, jam **without stones**, meat, fish with rice or pasta.

After 2pm

Dont eat anymore but dink o lot! Tea, coffee without milk, mineral water, bouillon a.s.o.

From 6pm to 9pm

Make a solution with Moviprep® Sachet A und B pulver and 1 liter of water and drink it in 1 hour; then drink ½ - 1 liter of water, (ice)-tea, syrup, coffee (without milk) or bouillon.

If you get nausea stop drinking for a while. If you are drinking with a straw or you take some syrup or tea quickly afterwards you can diminish or shorten the bad taste feeling.

### The day of the examination

2-3 hours before examination

Make a solution with Moviprep® Sachet A und B pulver and 1 liter of water and drink it in 1 hour.

The hours before examination

Drink ½ - 1 liter of water, (ice)-tea, syrup, coffee (without milk) or bouillon.

Get important information about colonoscopy on [www.gastropraxis-sh.ch](http://www.gastropraxis-sh.ch)