

Patient information

MOVIPREP - Bowel Preparation

Afternoon Appointment Instructions

This information may be slightly different from the instructions given by the manufacturers of Moviprep. This is because we want to ensure the best preparation for your procedure.

Why do I need to take the bowel preparation?

To ensure a thorough examination of your colon it must be emptied of waste material as your endoscopist needs clear views of the lining of your digestive tract to enable detection of subtle abnormalities. The Moviprep bowel preparation is a strong laxative that will empty your bowel of waste material. It is important that you follow these instructions correctly. If you are not properly prepared, the procedure may not be successful and may even result in the cancellation of the procedure.

While taking any bowel preparation we would encourage you to stay near a toilet. We recommend you use a barrier cream and wet wipes for your comfort.

Preparing for your Procedure:

If you are **diabetic** or take any **blood thinning medications** (except Aspirin), please inform either:

Conquest Hospital Endoscopy Unit
0300 13 14 500 extensions 735297 / 142743 or direct dial 0300 131 5297

Eastbourne District General Hospital Endoscopy Unit
0300 13 14 500 extensions 734595 / 770552 or direct dial 0300 131 4595

Seven Days Prior to your Procedure

If you take **iron tablets** or **medications to control diarrhoea**, please stop taking them until after your examination. You should continue to take any other medication including medication for high blood pressure/cardiac conditions.

We advise that you avoid eating food with seeds in for the 7 days prior to taking your Moviprep Bowel preparation.

The Day before your Procedure

You should have a light lunch of foods low in fibre before 13.00 hours (1 PM).

AFTER 13:00 HOURS (1 PM)
NO SOLID FOOD FROM THIS TIME UNTIL AFTER YOUR PROCEDURE
You can have as much clear fluid as you wish such as water, clear/strained soup, smooth fruit juice, soft drinks (e.g. lemonade, Lucozade), herbal teas (or black coffee or tea (without milk). Avoid red fluids. Add sugar if you like.

If you are diabetic, you can suck dextrose tablets and take Lucozade/soft drinks where necessary.

18:00 HOURS (6 PM)

Make-up your first litre of MOVIPREP (see below for instructions on how to mix).

Drink a glassful every 15 minutes until it is finished.

It is also important to drink an additional 500ml of water or clear fluids during the evening.

Allow at least 2 hours for MOVIPREP to begin to work after finishing the first litre. While taking any bowel preparation we would encourage you to stay near a toilet. We recommend you use a barrier cream and wet wipes for your comfort.

The Day of your Procedure

At 07:00 HOURS (7 AM)

Make-up the second litre of Moviprep following the same instructions as before.

Again, drink a glassful every 15 minutes until it is finished.

You may continue to drink clear fluids **until two hours before your procedure** and then be nil by mouth if you plan to have sedation. If you are having a flexible sigmoidoscopy without sedation, you may continue to drink.

Preparing MOVIPREP



1. Each box of Moviprep contains 2 sealed bags



2. Each sealed bag contains 1 x 'sachet A' and 1 x 'sachet B'



3. Pour 1 x sachet A and 1 x sachet B into a jug



4. Make-up to 1 litre with water (not chilled)



5. Stir until dissolved.



6. Drink one glassful (250mls) of the Moviprep every 15-30 minutes until it is finished (over 1-2 hours).

What to Expect

Side effects: you may experience stomach cramping – this is normal. It is also normal to feel some nausea. If you begin to vomit, please contact your Endoscopy Department on the number listed overleaf for further advice.